
A
True Gentlewomans
DELIGHT.

Wherein is contained all
manner of **COOKERY :**

Together
with $\left\{ \begin{array}{l} \text{Preserving,} \\ \text{Conserving,} \\ \text{Drying, and} \\ \text{Candying.} \end{array} \right.$

Very necessary for all Ladies
and Gentlewomen.

Published by *W.G. Gent.*

L O N D O N,
Printed by *A. M.* for *Margaret*
Shears at the Sign of the
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Street in *Covent-*
Garden, 1671.

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Imitator


the Vertuous and Most Hope-
ful Gentlewoman, Mrs. Anne
Pile, Eldest Daughter of the
Honourable Sir Francis Pile
Baronet, Deceased.

Most accomplisht Lady,

THE many singular Favours
which I have received, not
only from your worthy self, but
from your thrice noble pro-
motors, justly oblige me by all
the duties of gratitude, to tender
just acknowledgment: I wish
with the same heart, that for many
and just causes truly honours
you, had any Present worthy
your acceptance. Now shall it be
your singular good ness to patro-
nage this small Treatise, which
(I mistake not) carries with it
two

The Epistle Dedicatory.

two parts, Delight, and Utility
I doubt not then, but that it will
find a general acceptance among
all those who are any way the
least lovers of such pleasing and
all-delightful studies. I intend
not to paraphrase upon
worth, its use, and singular propriety
which abundantly speaks it
condemned unto none that hath been
published of the like nature :
hoping you will accordingly
esteem of it, I beg pardon for my
boldness, and rest ever,

A true and faithful

Honourer of your tran-

sparent Virtues,

W. J.

To the READER.

Friendly Reader,

Here thou hast a small
Treatise, entituled, A
Gentlewoman's De-
light, presented to thy view; be
courteous as to read before
thou censure it. If then the effect
answerable to its Name, I
shall be right glad: If here be
any Error, it will be no error,
but a singular token of thy ex-
traordinary humanity to pass it by,
and sign it with thy pardon, for
which I engage my self,

Thine on the
like occasion,
W. L.

M

A Table

To the R. E. A. D. E. R.

My dear Reader,

I have the pleasure to inform you

that the Gentlewoman Dr.

has just received from the

author a new and

valuable work

on the subject of

the human mind

and its various

faculties

which I have the

pleasure to

present to you

in the form of

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A TRUE GENTLEWOMANS DELIGHT.

To make an excellent Jelly.

TAKE three gallons of fair water, boil in it a knuckle of Veal, and two Calfs feet slit in two, with all the fat clear taken from between the claws, so let them boil to a very tender Jelly, keeping it clean scummed, and the edges of the pot always wiped with a clean cloth, that none of the scum may boil in; then strain it from the meat and let it stand all night, the next morning take away the top, and the bottom, and take to every quart of this Jelly, half a pint of Sherry-wine, half an ounce of Cinna- mon, and as much sugar as will season

2 *A True Gentlewoman's*

season it six whites of Eggs very well beaten, mingle all these together, then boil it half an hour and let it run through your Jelly bag.

To make a Crystal Jelly.

Take two Calves feet, slice them, and lay them in fair spring water with a Knuckle of Veal. Shift it in half a dozen waters, take out the fat betwixt the claws, but do not break the bones for if you do, the marrow of the bones will strain the Jelly, when they are soft, and pickt very clean, boil them very tender in spring-water; when they be boiled tender, take them up, and use them at your pleasure to eat. Let the broth stand in an earthen Pot or Pipkin, till it be cold, then take away the bottom and the top, and put the clear into a fair pipkin, put into it half a pound of fair Sugar-candy, or other Sugar, three drops of Oyl of Nutmeg.

Delight. 3

3 drops of Oyl of Mace, and
of Musk, and so let it boil
nearly a quarter of an hour,
let it run through a jelly-
into a Galley-pot, when it is
you may serve it in little
lumps being taken out
with a Childs spoon, and this is
the best way to make your
Crystal-Jelly.

make Apple-Cream at any time.

Take twelve Pippins, pare and
them, then put them in a Skil-
and some Claret wine, and a
of Ginger, shred thin, and a
Lemon-pill cut small, and a
Sugar. Let all these stand
together till they be soft, then
take them off and put them in a
till they be cold, then take a
part of Cream boil it with a lit-
Nutmeg a while, then put in
much of the Apple stufte, to
make it of what thickness you
use, and so serve it up.

To

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To make a Trifle-Cream.

Take some Cream and boil with a cut Nutmeg, add Lemon pill a while, then take it off, cool it a little, and season it with a little Rose-water and Sugar to your taste. let this be put in the thing you serve it in, then put in a little Runnet to make it come, then it is fit to eat.

To make Clouted Cream.

Take 3 gallons of new Milk, set it on the fire till it boileth, make a hole in the middle of the Cream of the Milk, then take a pottle or 3 pints of very good Cream, put it into the hole you made in the middle of the Milk as it boileth, and let it boil together half an hour, then put it into 3 or 4 Milk-pans, so let it stand two days, if the weather be too hot, then take it up in clouts with a scummer, or a slice, & put it in that which you will serve it in, if you like it seasoned, you

put some Rose-water be-
tween every clout as you lay one
on another with your slice in
the Dish you mean to serve it in.

To make Quince Cream.

Take the Quinces, & put them
in boiling water unpared, then
let them boil very fast uncovered
till they may not colour, and
when they are very tender, take
them off and peel them, and beat
them very small with Sugar,
then take raw Cream, and
mix with it, till it be of fit thick-
ness to eat like a Cream, but if
you boil the Cream with a stick
of Cinnamon, I think it the bet-
ter, it must stand till it be cold be-
fore you put it to the Quinces.

To make a fresh Cheefe.

Take a pint of fresh Cream, set
it on the fire, then take the white
of six Eggs, beat them very well,
and wring in the juice of a good
Lemon to the whites, when the
cream seeths up, put in the
whites,

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whites, and stir it about till it
turned, and then take it off, and
put it into the Cheese-cloth, and
let the Whey be drawn from it,
then take the curd, and pound it
in a stone-Mortar with a little
Rose-water and Sugar, and put it
in an earthen Cullender, and
let it stand till you send it to
table, then put it into a dish, with
a little sweet Cream to it, and
serve it in.

To make a Codling Cream.

After your Codlings be thoroughly
cooled and yeilded, put them
into a silver dish, and fill the dish
almost half with Rose-water, and
half a pound of sugar, boil
these liquors together until half
be consumed, and keep it stirring
till it be ready, then fill up your
dish with sweet Cream, and stir it
till it be well mingled, and when
it hath boiled round about the
dish, take it up, sweeten it with
sugar, and serve it cold.

Delight.

7

How to make a Goosberry Fool.

Take your Goosberries and pick
them, & put them into clean wa-
ter, & boil them till they be all as
mash that you cannot discern
a little of it is, to the value of a quart,
and put in 6 yolks of Eggs well beaten
and Rose water, & before you
put in your Eggs, season it well
with sugar, then strain your Eggs
and let them boil a little while,
then take it up, put it in a broad
dish, and let it stand till it be
rough, thus it must be eaten.

How to make a white Fool.

Take a quart of Cream, & set it
over the fire, and boil it with
whole Cinamon, and sliced Nut-
tall, and sugar, then when it is al-
most ready, take the white of six
eggs well beaten with Rose-
water, & scum off the froth from
them, & put it into the Cream, &
boil it together a pretty while,
when season it, & take the whole
foam out of it, and put it up in a
broad

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broad dish, and when it is cold then it must be eaten.

To make a Goosberry Custard,

Take as many Goosberries you please, boil them till they are soft, then take them out, and let them stand & cool, & then draw them with your hand through a Canvase strainer, then put in a little Rose-water, Sugar and three whites, and stir them altogether, put them in a Skillet, and stir them apace, else they will burn, let them stand & cool a little while; take them off, and put them in a glass.

To make a Fool.

Take 2 quarts of Cream, set over the fire, and let it boil, then take the yolks of 12 Eggs, & beat them very well 3 or 4 spoonfulls of cold Cream, before you put the Eggs into the hot Cream; take 3 or 4 spoonfulls of the Cream out of the Skillet, and put into the Eggs, & stir it together, and then

Delight.

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strain the Eggs into the Skillet of
hot Cream, stirring it all the time
to keep it from burning; then set
on the fire, and let it boil a lit-
tle while, but keep it still stirring
for fear of burning, then take it
up, & let it stand & cool, then take
3 or 4 spoonfuls of sack, & put it
in the dish, & some 4 or 5 sippets,
put them in the dish, set the dish
over the sippets a drying, & when they
are dry, that they hang to the
dish, sweeten the Cream, & pour
it in the dish softly, because the
sippets shall not rise up, this will
make three dishes: when it is
cold, it is fit to be eaten.

To make Cheese Cakes.

For the crust, take half a pint
of flower, & 4 spoonfuls of cold
water, & 3 parts of a quarter of a
pound of Butter, beat and knead
these together, and put the paste
under several times, then roul
it into a square, and turn it over, then
take a pint of Cream, & 7 Eggs,

N

and

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& a quarter of a pound of Sugar,
& a quarter of a pound of Currans plump before you put them in, & a whole Nutmeg grated on a Knife, & some Pepper beaten, but not too much, it must be gently boiled and stirred as you do buttered Eggs, the stuff must be cold, and then put it in the Coffin, and so bake it.

To make a Sack-Poffet.

Take two quarts of pure good Cream, a quarter of a pound of the best Almonds, stamp them in the Cream, & boil Amber & Musk therein, then take a pint of Sack in a Bason, & set it on a Chafin-dish till it be blood-warm, then take the yolks of 12 Eggs, with whites, and beat them very well together, and so put the Eggs in to the Sack, & make it good and hot, let the Cream cool a little before you put it into the Sack, then stir all together over the coals, till it be as thick as you

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Amber
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would have it, if you take some Amber and Musk, and grind it small with Sugar, and strew it on the top of the posset it will give it a most delicate & pleasant tast.

To make Leach.

Make your Jelly for your Leach with Calves-feet, as you do your ordinary Jelly, but a-little stiffer, and when it is cold take off the top and bottom, & set it over the fire with some Cinamon & Sugar, then take your Turnsole, being well slept in Sack, & crush it, & strain it in your Leach, & let it boil to such a thickness, that when it is cold you may slice it.

To make yellow Leach.

Your yellow Leach is just the same, but instead of Turnsole, you must colour it with Saffron, and when it is boiled enough, then strain it in your Saffron, and not before, it must not boil in it.

To make a slipcoat-Cheese.

Take five quarts of new Milk

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from

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from the Cow, & 1 quart of water
& 1 spoonful of Runnet, and stir
it together, and let it stand till it
doth come, then lay your Cheef-
cloth into the Vate, and take up
your curd as fast as you can with-
out breaking, and put it to your
Vate, and let the Whay soak out
it self, when you have taken it all
up, lay a cloth on the top of it,
and 1 pound weight for 1 hour,
then lay 2 pound weight for an
hour more, then turn him, when
he hath stood 2 hours, lay three
pound on him for an hour more,
then take him out of the Vate,
& let him lie 2 or 3 hours, & then
salt him on both sides, when he is
salt enough, take a clean cloth, &
wipe him dry then let him lie a
day or a night, then put Nettles
under and upon him, and change
them once a day, the Cheese will
come to his eating in 8 or 9 days.

To make Cheese Leaves.

Take the curds of a tender, new-
milk

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milk Cheese, & let them be well pressed from the Whey, and then break them as small as you can possible, then take crums of Manchet and yolks of Eggs, with half the whites & some sweet Cream, & a little fine flower, mingle all these together and make a paste of it, but not too stiff, then make them into little loaves, and bake them, when they be baked, cut off the tops, & butter them, with Sugar, Nutmeg & melted Butter, & put it in with a spoon, & stir it altogether, then lay on the tops, & sear them with scraped Sugar.

How to make a very good Tansie.

Take 15 Eggs, & 6 of the whites, beat them very well; then put in some sugar, and a little Sack, beat them again, & put about a pint or a little more of Cream, then beat them again, then put in the juice of Spinage or of Primrose leaves to make it green, then put in some more Sugar, if it be not

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sweet enough, then beat it again a little, and so let it stand till you fry it, when the first course is in, then fry it with a little sweet Butter, it must be stirred & fried very tender, when it is fryed enough, then put it in a dish, and strew some sugar upon it, and serve it in.

To make black Tart-Staff.

To a dozen pound of Prunes take half a dozen of Maligo Raisins, wash & pick them clean, & put them into a pot of water, set them over the fire till all these are like pulpe, & stir them often least they burn to, then take them off, & let them be rubbed through a hair Sieve hard with your hands, by little and little till all be through, then season them to your taste with searced Ginger.

To make yellow Tart-Staff.

Take 24 Eggs, & beat them with salt together, & put into it a quart of

of seething Milk, stirring it untill
it caudles, then take it off, & put
it into a napkin, hanging it up til
all the Whey be run through,
when it is cold, take it & grind it
in a Stone-Mortar with Sack and
Sugar to your taste, and other-
wise to make it look white, leave
the yolks, and instead of Sack
put in Rose-water.

To make a made Dish.

Take a quarter of a pound of
Almonds, beat them small, & in
the beating of them put in a lit-
tle Rose-water to keep them from
Oyling, strain them into Cream,
then take Artichok bottoms, &
Marrow, & boil the redness of the
Marrow out, then take a quart of
Cream, & boil it with Dates, Rose
water & Sugar, & when it is boi-
led to a convenient thicknes,
take it off, & take your Artichoks
& pare off the leaves & lay them
into a dish, and some Marrow
upon them, then pour some

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Cream upon them, then set it on coals till you serve it in.

A Sauce for a Shoulder of Mutton.

Take a few Oysters, and some sweet herbs, and an Onion, and a pint of white Wine, and a little beaten Nutmeg, a little Salt, & a large Mace, a little Lemon pilled, and a little sugar, a little leaker posset, if you have no Oysters take Capers in the room of them, and some gravy of the Mutton.

To fry Apple Pyes.

Take Apples & pare them, and chop them very small, beat in a little Cinnamon, a little Ginger, some sugar, & a little Rose-water, take your paste, roul it thin, and make them up as big pasties as you please, to hold a spoonful or a little less of your Apples, and so fry them with butter not too hasty, least they be burned.

To make Curd Cakes.

Take a pint of Curd, four Eggs, take out 2 of the whites, put in some

ome Sugar, a little Nutmeg, and a little flower, stir them well together, and drop them in, and fry them with a little butter.

To make Furmenty.

Take a quart of sweet Cream, or 3 spriggs of Mace, & a Nutmeg cut in half, put it into your Cream, so let it boil, then take your French-Barley or Rice, being first Washed clean in fair water three times, and picked clean, then boil it in sweet Milk till it be tender, then put it into your Cream, & boil it well, & when it hath boiled a good while, take the yolks of 6 or seven Eggs, beat them very well; to thicken on a soft fire, boil it, and stir it, for it will quickly burn, when you think it is boiled enough sweeten it to your taste, and so serve it in with Rose-water, & Musk-sugar, in the same manner you make it with Wheat.

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To make an Artichoke-Pye.

Take the Bottom of six Artichokes, being boiled very tender, put them in a Dish, and put some Vinegar over them, season them with Ginger, and sugar, & a little Mace whole, putting them into a Pye, & when you lay them in, lay some Marrow & Dates sliced in, and a few Raisins of the Sun in the bottom, with good store of Butter, so close the Pie, when it is half baked take a dish of sack, being boiled first with sugar, and a Pill of Orange, put it into your Pie, and set it in the Oven again till you use it.

To make a Chicken Pie.

Make your paste with good store of Butter, & yolks of Eggs, & sugar, then take 6 small Chickens, taking out the Brest-bone, & trussing them round, take 2 Nutmegs & a good quantity of Cinamon, & cut it in little pieces, take 2 yolks of Eggs, and beat them with six
Spoon.

poonfuls of Verjuice, then take
your juice & verjuice, & a little
salt, stir them well together, take
a good deal of Butter, & wet it in
the verjuice, & put it in the bel-
lies of the Chickens, so lay them
in the Pie with Butter under
them, then take half a pound of
Currans washed and dried, so lay
them on the top of the Chickens,
with a piece of Marrow, Barber-
ries, Grapes, & good store of But-
ter and sugar, as will season it, a
little before you draw out your
Pie, put in Verjuice and Sugar,
boiled together.

To bake Beef like red Deer.

Take a pound of Beef and slice
it thin, & half a pint of good wine
Vinegar, some 3 Cloves, & Mace
above an ounce, 3 Nutmegs, pound
them altogether; Pepper and salt,
according to your discretion, and
a little sugar, mix these together,
take a pound and a half of Suet
shred, & beat it small in a Mortar,
then

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then lay a row of suet, a row of Beef, strow your spices between every lane, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a rouling-pin, then press it a day before you put in your paste.

To roast a Shoulder of Mutton with Thyme.

Draw your shoulder of Mutton, and when it is half roasted save the gravy, and cut a good deal of the inside of it, & mince it gross, and boil it in a dish with the gravy, & Thyme, Claret-wine, and sliced Nutmeg, & when your shoulder is roasted, lay it in the dish with sliced Lemon, but remember to scotch your Mutton in roasting, as you do when you boil it.

To roast a Shoulder of Mutton with Oysters.

When you open the Oysters, save the liquor, then season them with Pepper, and a little Cloves, and Mace, & herbs finely chopped, & the

the yolks of 2 or 3 Eggs chopped
small, & some Currans parboiled
a little, then stufte your shoulder
of Mutton thick with your Oy-
sters, then season it, & lay it to the
fire, & roast it, then take the rest
of your Oysters, & boil them with
a little white-Wine, and some
Butter, this is sauce for your
shoulder of Mutton, when your
Oysters are opened, you may par-
boil them in their own liquor,
then take them out & season them.

To make Angellets.

Take a quart of new Milk, & a
pint of Cream, & put them toge-
ther with a little Runnet, when
it is come well take it up with a
spoon, & put it into the Vate soft-
ly, and let it stand 2 days, till it is
pretty stiff, then slip it out & salt
it a little at both ends, and when
you think it is salt enough, set it
adrying, and wipe them, and
within a quarter of a year they
will be ready to eat.

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To make black Puddings.

Take your blood when it is warm put in some salt; & when it is thoroughly cold, put in your groats well pickt, and let it stand soaking a night, put in the herbs which must be Rosemary, large Savory, Pennyroyal, Time, and Fennel, then make it soft with putting of good Cream hot until the blood look pale; then beat 4 or 5 Eggs, whites & all, & mingle it, then season it with Cloves, Mace, Pepper, Fennel seeds, then put good store of Beef-suet in your stuff, and mince your fat not too small.

To make white Puddings.

After the Humbles be very tender boiled, take some of the lights with the hearts, and all the flesh and fat about them, picking from them all the sinews & skin, then chop the meat small as can be, then put to it a little of the Liver very finely scarced, some grated

ated Bread searced, four or five
yolks of Eggs, a pint of very good
cream, a spoonful or two of Sack
a little Sugar, Cinamon, Cloves
and Mace, a little Nutmeg, a few
Caraway-seeds, a little Rose-
water mingled with a good deal
of swines fat, a little salt, roul it
rouls two hours before you go
out it, let the fat side of the skin
be turned and steeped in Rose-
water till you fill them,

To make Almond Puddings.

Take a pound of Almonds blan-
ched, and beat them very small
with a little Rose-water, boil
good Milk with a flake of Mace,
and a little sliced Nutmeg; when
it is boiled, take it clean from the
fire, then take the quantity of
a penny loaf, grate it, and searce it
through a Cullender, & then put
it into the Milk, & let it stand till
it be pretty cool, then put in the
Almonds, & 5 or 6 yolks of Eggs,
& a little salt, & sugar, what you
think

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think fit, and good store of Beefe but
fuet, & marrow very finely shred whe

To make a Pudding to bake.

Take a peny loaf, pare it, slice it Sug
in a quart of Cream, with a little put
Rose water, & break it very small, ur Pu
take 3 ounces of *Jordan* Almonds, To m
blanch'd, & beaten small with a
little sugar, put in some 8 Eggs, Take
beaten, a Marrow-bone, & 2 or 3 Cream
pippins sliced thin, or any way, an
mingle these together, & put in a ut to
little Ambergriee if you please, eaten

To make a boiled Pudding.

Take a pint of Cream, or Milk, Cream
boil it with a stick of Cinamon, ur,
little while, & take it off, & let it earce
stand till it be cold, put in 6 Eggs, thick
take out 3 whites, beat your Eggs with
a little before you put them in to p in
the Milk, then stir them together, boile
then take a peny Rowl, & slice it, need
very thin, & let it lie & soak, and pice
then bray it very small, then put boil
in some Sugar, and butter your is a
cloth before you put it in, it will pie
take

of Beef but a little while seething,
 y shred when you take it up, melt a
 ke. a little fresh Butter, & a little Sack
 slice i Sugar, beat all these together
 a little and put it into the dish with
 y small your Pudding to be served in.

monds To make a Cream Pudding to
 with a be boiled.

8 Eggs Take a pint and a half of thick
 2 or 3 Cream, & boil it with Mace, Gin-
 y way, and Nutmeg quartered, then
 ut in a to it 8 Eggs, with four whites
 lease. beaten, and Almonds blancht a
 round, and strained in with the
 Milk, Cream, a little Rose-water, & su-
 nona ur, and a spoonful of flower
 let it arced very fine, then take a
 Eggs, thick napkin, wet it, and rub it
 Eggs with flower, and tie the pudding
 in to in it, boil it where Mutton is
 her, boiled, or in the Beef-pot; re-
 ce it member to take out the whole
 and piece out of the Cream, when it is
 put boiled, the sauce for this pudding
 our a little Sack, sugar, and a pretty
 will piece of butter; you must blanch
 ake some

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some Almonds, when they are blanch'd, cut every Almond 3 or 4 pieces the long way, and stick them up an end upon the pudding very thick.

To make a White-pot.

Take a pint & a half of Cream, a quarter of a pound of Sugar, a little Rose-water, a few Dates sliced, a few Raisins of the Sun, or 7 Eggs, & a little large Mace sliced Pippin, or Lemon, cut slipper fashion for your dishes you bake in, and dip them in sack or Rosewater.

To make a forced dish of any cold Meat.

Take any cold meat & shred it small, a little Cloves & Mace, and Nutmeg, & two yolks of Eggs, a spoonful or two of Rose-water, a little grated bread, a little Beef suet shred small, make it up in Balls or any fashion you please, and boil them in tried suet between two earthen dishes, you

must boil before you put in
meat, for sauce a little But-
ter, verjuice, and sugar.

*make a forced dish of a Leg of
Mutton or Lamb.*

Take a Leg of Mutton or Lamb
out the flesh, and take heed
break not the skin of it,
parboil it, & mince it with a
Beef-suet, put into it a little
Herbs shred, 3 or four Dates
a little beaten Nutmeg,
Mace, a few Currans,
Sugar, a little Verjuice,
4 Eggs, mix them together,
put them in the skin, and
bake it in a dish and bake it.

Make a Calves-Head with Oysters.

Take the head, and boil it with
water & salt, a little white-wine,
Verjuice, & when it is almost
done, then cut some Oysters, &
single them together, & a blade
two of Mace, a little Pepper,
salt, and a little liquor of the
Oysters, then put it together, and
put

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put it to the Calves-head, & largest Oysters upon it, and a lemon, & Barberries, so serve it.

To fry a Coast of Lamb.

Take a Coast of Lamb, & boil it, take out all the bones near as you can, and take 4 yolks of Eggs beaten, a little Time and sweet Marjoram, Parsly minced very small, & beat it with the Eggs, and cut your Lamb into square pieces, and put them into the Eggs and Herbs, and fry them with butter, then take a little butter, white-Wine and sugar for Sauce.

To stew Sauce sedges.

Boil them in fair water and salt a little, for sauce boil some Cucumbers alone, when they be almost tender, then pour out the water and put in a little white-Wine Butter and Sugar.

To boil Ducks.

When they be half boiled, take a quart of the liquor & strain it

put a quart of white-Wine,
some whole Mace, cloves, and
megs sliced, and cinamon, and
Onions shred, a bundle of
Herbs, a few capers, and a
camphire, when it is boiled,
some sugar to season it withal.

make white broth with a Capon.

Truss your Capons, and boil
in fair water, & when they
are half boiled, take out 3 pints
of the Liquor, and put it into a
part of Sack, and as much white
wine, & slice 2 ounces of Dates,
or quarterwise, as you please
a little whole Mace, Cloves and
cinamon, a Nutmeg sliced, of
each a little quantity, boil the
broth in a Pipkin by it self, until
the Dates begin to be tender,
then put in the Marrow of two
bones, and let it boil a little, not
too much, then when your Ca-
pons be near ready, break twenty
eggs, save the yolks from the
whites, and beat the yolks until
you

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you may take up a spoonful, and a pou
it will not run beside the spoon, or m
then you must put a little of the seeth
broth to him, and so strain the broth you
through a cloth, then take some of the hot broth to make G
your Eggs, because else it will
turn, let it have a warm oven, take some
after your Eggs be in, but not too much bread
seeth too much for fear it turn, a little
then dish your Capons, and pour the cina
your broth on them, and garnish it as you please
your dish as you please,

To make Stewed Broth.

Take a neck of Mutton, or a rump of Beef, let it boil, & when it is done, put
your pot clean, thicken your broth with grated bread, & put in
with grated bread, & put in for pepper, &
beaten spice, as Mace, Nutmeg, cinnamon, & a little Pepper, put in
a pound of currans, a pound of raisins of the Sun, two
a half of Raisins of the Sun, two pound of Prunes last of all, then
when it is stewed, so season it with a quart of Claret and a pint
of Sack, & some sanders to colour, & y

l. and a pound of Sugar to swee-
point, or more if need be, you
c^o seeth some whole spice to
th^osh your dish withal, & a few
ke^ole prunes out of your Pot.

*make Gallendine sauce for a
Turkie.*

r^oake some claret-Wine, & some
t^oed bread and a sprig of Rose.
u^o a litle beaten cloves, a litle
p^oten cinamon, & some sugar.

n^o exceeding good way to stew
Chickens.

ake Chickens, fley them; and
o^o them in pieces cross-way,
a put them in a pipkin or
p^olet, & cover them almost with
o^oper, & Mace, and water, so let
a stew softly with a whole
o^oion in it, till part of the li-
n^o be consumed, then put in
a much white-Wine as will co-
o^o them again, take Parsly, sweet
o^ooram, Winter-savory with
a litle Time, & shred them very
o^oll, & put them in, & let them
boil

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boil till they are almost enough
then put in a good piece of butter

To boil a Leg of Mutton.

Take a leg of Mutton, and stuff
it, for the stuffing, take a little
Beef-suet, and a few sweet-herbs,
chop them small, & stuff it, then
boil it, and put in a handful
sweet-herbs, cut them small
mingle a hard Egg amongst the
herbs, and stew it upon the Mutton,
melt a little Butter and Vinegar,
and put it into the dish
and send it in.

To keep Quinces all the year.

First you must core them, and
take out the Kernels clean, and
keep the cores and Kernels, and
set over some water to boil them
then put them in when you
over the water, then let them
boil till they be a little soft, and
then take them up, and set them
down till they be cold, then take
the Kernels & stamp them, & put
them into the same water they
were

lied

we

ere boiled in, and let them boil
ill they be thick, see you have as
much liquor as will cover the
Quinces, and if you have not e-
ough, take of the smallest Quin-
ces, & stamp them to make more
liquor, & when it is boiled good
and thick, you must strain it
through a coarse cloth & when
the Quinces be cold, then put
them into a pot, & the liquor al-
so, and be sure the liquor cover
them, you must lay some weight
upon them to keep them under,
to cover them close, let them
stand 14 days, & they will work
of their own accord, & they will
have a thick rind upon them, &
when they wax hoary or thick,
then take it from the liquor, for
they will have a skin on it within a
month or six weeks.

To pickle Cucumbers.

Take the Cucumbers, and wash
them clean, & dry them clean in
cloth, then take some water,
O vine-

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vinegar, salt, fennel-tops, & some you
Dill-tops, & a little Mace, make it then fit
fast enough, and sharp enough to bottom
the tast, then boil it a while, and then
then take it off, & let it stand and flower
be cold, then put in the Cucum- and so
bers, and lay a board on the top done
to keep them down, and tie them fine in
close, and within a week they over the
will be fit to eat. in bo

To pickle Purslain.

Take the Purslain, & pick it in keep th
little pieces, and put it into a pot ose, an
or barrel, then take a litle water, at them
Vinegar & salt to your tast, it must outs,
be pretty strong of the Vinegar in or v
and Salt, and a little Mace, To
boil all these together, and Take
pour this liquor in seething hot into you plea
the Purslain, and when it is cold at then
tie it close, but lay a little board an ma
on the top to keep it down, & r & sal
within a week or 2 it is fit to eat e cold,
appear

To do Cloves-Gilliflowers up for Salleting all the year.

Take as many Clove Gilliflowers then shi

you please, slip off the leaves, then strow some Sugar in the bottom of the Gally-pot that you put them in, & then a lane of Gilliflowers, & then a lane of Sugar, and so do till all the Gilliflowers are done, then pour some Claret wine into them, as much as will cover them, then cut a piece of a thin board, and lay it on them to keep them down, then tie them close, and set them in the sun, and let them stand a month, or thereabouts, but keep them from any rain or wet.

To pickle Broom-buds.

Take as many Broom-buds as you please, make linnen bags, & put them in, and tie them close, then make some brine with water & salt, & boil it a little, let it be cold, then put some brine in a peearthen pot, & put the bags in it, & lay some weight on them, let it lie there till it look black, then shift it again, so you must do

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as long as it looks black, you must boil them in a little Caldron, and put them in Vinegar a week or two, and then they will be fit to eat.

To pickle Oysters.

Take your Oysters, & pick them out of the shells, and save the liquor that cometh from them, then take your Oysters one by one, and wash them clean out of grist, then strain the liquor, and take a quantity of white wine, & a large Mace or two, and two or three slices of Nutmeg, & Pepper grossly beaten, & salt them, boil it together, then put in your Oysters, & boil them, take the yolk of an Egg, and beat it well with Wine vinegar, then take up your Oysters, & let them cool, then put in your Egg, & let it boil, take it out, let it cool, & put it up together.

To make Grout.

Take some Wheat & Beans, and when you have made it into

Malt

Malt, then rittle it, take some water, or some small-wort, and heat it scalding hot, & put it into a Pail, then stir in the Malt, then take a piece of sowre leaven, and stir it about, & cover it, and let it stand till it will cream, then put in some Orange- pills, then put it over the fire & boil it, keeping it stirring till all the white be gone.

To make Jelly of Marmalet.

Take Quinces, & pare them, cut them into water into little pieces, & when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces, take 5 quarters of a pound of sugar, and half a quarter, then put it into the skillet, and put as much water, as will make it pretty thin, then set it on the fire, & clarify it with the white of an Egg, & scum it off clear, then put in your Quinces, and let it boile a pretty space. and cover it close til it is pretty thick,

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then leave stirring it till it is soft,
thick enough for Marmalet, and the A
take it off, & put it in a glass, and & fir
do it with your knife in little Canv
works, when you have done let und o
it stand, your posnet must boil all en set
the while, you must put in as elted,
much water as will make it pret- ne y
ty thin, when it is boiled to a e fire,
pretty good colour, then strain en scu
it, and weigh it then take of loaf- you c
sugar, as much as it weighs, and iled,
boil it altogether to a Jelly, then ons st
pour it into your Marmalet- ou wil
glass, then put it in a stove, and thin.
put some fire in every day. en, an

To make Jelly of Pippins.

Take Pippins, pare, quarter and water
core them, lay them in water, & at the
when you set them on the fire, into
shift them in another water, and d fil
put them in a skillet, and put as and t
much water as will cover them, e read
and a little more, set them over To
the fire, and make them boila Tak
fast as you can, when the Apples ill the
are

it is soft, & the liquor tastes strong
and the Apples, then take them
and strain them through a piece
little Canvase gently, take to a
e let and of juice, a pound of sugar,
il all en set it on the fire, when it is
in as elted, strain it into a Bason, and
pret- ace your skillet again, set it on
to a e fire, and when it is boiled up,
rain sea scum it, & make it boil as fast
loaf- you can, and when it is almost
and oiled, put in the juice of 3 Le-
then ons strained through a cloth, if
alet- you will have Orange-pill, pare
and thin, that the white be not
en, and then lay it in the water
all night, then boil them in the
and water till the pill be soft, then
r, & cut them in long pieces, then put
fire, into the sirrup, & stir it about,
and ad fill your glasses, and let it
ut as and till it be cold, and then is
em, ready to eat.

To preserve green Walnuts,
Take Walnuts, and boil them
ples all the water do taste bitter, then

are O 4 take

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take them off, & put them in col-
water, and pill off the bark, and
weigh as much sugar as the
weigh, and a little more water
then will wet the sugar, set them
on the fire, & when they boil
take them off, & let them stand
days, & boil them agen once more

To preserve white Quinces.

Take a pound of Quinces, boil
them with the skin on, but core
and pare them, take a quarter
a pound of sugar, with water
more than will wet the sugar, put
the Quinces into it presently
boil them as fast as may be, and
skin them, when the sirrup is
thick, take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, and
put them into a quarter of
pound of sugar, & 2 spoonfuls of
water, & put them on the fire
stir them as you did the former.

To preserve Raspberries.

Take as many as you please,

colay of sugar, and a lay of Rasber-
anies, & so lay them into the Skil-
the et, and as much water as you
water think will make sirrup enough,
then and boil them, & put two spoon-
oil uals of water in, bescum it, take
and it off, and let it stand.

To preserve Currans.

Part them in the tops, lay a lane
boil of Currans, & a lane of sugar, and
corbo boil them as fast as you do
er of Laberries, do not put in the
erne spoon, but scum them, boil them
r, put all the sirrup be pretty thick,
ntly then take them off, and let them
and stand till they be cold, and put
up in them into a glafs.

To preserve Medlars.

Take the just weight of sugar as
and they weigh, to a pound of sugar
of out a pint & half of water, scald
als of them as long as the skin will
ire & come off, stone them at the head,
ner. put the water to the sugar, and
boil it, and strain it, put in the
se, Medlars, boil them apace, let
lay O 5 them

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them stand till they be thick
then take them off.

To preserve Goosberries.

Take the fairest Goosberries you
can get, with the stalks on, prick
3 or 4 holes in everyone of them
then take the weight of them in
sugar, lay the best part of the su-
gar in the bottom of a silver or
pewter dish, then lay your Goos-
berries one by one upon it, first
some of the rest of the sugar upon
them, and put 2 spoonfuls of the
water into half a pound, then set
the Goosberries on a Chafin-
dish of coals, & let them stand un-
covered, scalding upon the fire a
pretty while before they boil, but
not too long, for then they will
grow red, and when they be boil-
ing, let them not boil too fast,
when they be enough, put them
up, you must put the rest of the
sugar on them as they boil, and
that will harden them, and keep
them from breaking.

To make Goosberry Cakes.

Pick as many Goosberries as you please, and put them into an earthen pitcher, & set it in a Kettle of water, till they be soft, and then put them into a sieve, and let them stand till all the juice be out, & weigh the juice, & as much sugar as sirrup, first boil the sugar as Candy, and take it off, and put it in the juice, and set it on again till it be hot, and take it off, and set them in press till they be dry, then they are ready.

To do Goosberries like Hops.

Take pricks of black-thorn, then take Goosberries, and cut them a little a cross, take out the stones, put them upon the pricks, weigh as much sugar as they weigh, and take a quart or a pint of water, and put into the sugar, let it boil a while, then put in the Hops, let them stand & scald 4 hours upon the coals till they be soft; then take out the hops, & boil

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boil the firrup a while, then take it off, and put in the Hops.

To preserve Apricocks.

First stone them & weigh them and take as much Sugar as Apricocks, put in a bason, some in the bottom, and some on the top, let them stand all night, set them on the fire till they be scalding hot then heat them twice more.

To make Apricock Cakes:

Take as many Apricocks as you please, and pare them, put as much sugar as they weigh, take no more water than wil melt the sugar, then boil the sugar and them together, till they be pretty stiff then take them off, and put them in saucers.

To make Mackerrooms.

Take half a pound of Almonds put them in water, stamp them small put in some Rose-water, a good spoonful of flower, 4 Eggs half a pound of sugar; in the beating of the Eggs, put in the Al-

monds

onds; heat the oven hot enough
to bake a Custard, put them in,
when you have taken them out,
let them stand till they be cold,
they must be baked in earthen
pans round, & buttered very thin.

*How to preserve white Damsons
green.*

Take white Damsons, scald them
in water till they be hard, then
take them off, & pick as many as
you please, take as much sugar as
they weigh, strew a little in the
bottom, put 2 or 3 spoonfuls of
water, then put in the Damsons
and the sugar, & boil them, take
them off, then let them stand a
day or two then boil them again,
take them off, and let them stand
till they be cold.

How to preserve Mulberries.

Take as many Mulberries as you
please, and as much sugar as they
weigh; first, wet the sugar with
some juice of Mulberries, stir
your sugar together, then put in
your

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your Mulberries, then boil them
apace till you think they are boi-
led enough, then take them off,
and boil the sirrup a while, and
put it in the Mulberries, let them
stand till they be cold.

To preserve Pippins white.

Take some Pippins, & pare them
and cut them the cross way, and
weigh them, add to a pound of
Sugar a pint of water, then put
the sugar to the water, and then
let it boil a while and then put
in the Pippins, and let them boil
till they be clear at the core, take
them off, and put them up

To make white Cheef-Cakes.

Scald Quinces, & let them stand
till they be cold, but not seethed
till they be tender enough, then
take them off & pare them, then
scrape off the softest, and do it
through a sieve, & then weigh as
much sugar as it doth weigh, and
beat it, & sift it into the Quinces,
& stir it altogether, and set it on
the

the coals, and stir it about but let
not boil at all, but let it stand
and cool till it be pretty thick,
then take it off, & put it in glass
vessels.

To preserve Grapes.

Stamp & strain them, let it set-
tle a while before you wet a
pound of sugar or grapes with
the juice, stone the Grapes, save
the liquor, in the stoning, take
off the stalks, give them a boiling,
take them off, and put them up.

To preserve Damsons.

Take as many as you please, and
weigh as much Sugar as they
weigh, and strew some on the bot-
tom, and some on the, and you
may wet the sugar with some sir-
rup of Damsons, and a little wa-
ter, then set them on the fire, &
let them stand and soak softly
about an hour, then take them
off, and let them stand a day or
two, then boil them till you
think they be enough, take them
off, and put them up.

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To make Cakes of Lemons or Violets

Take of the finest double refined sugar, beaten very fine, and searced through fine Tiffany, and to half a silver Porringer of sugar, put to it two spoonfuls of water, and boil it till it be almost dry, then grate of the hardest rinded Lemon, then slice it into your sugar, put it into your coffins or paper, and when they be cold, take them off.

How to preserve Quinces red.

Take your Quinces, and weigh them to a pound, put a pound of sugar, and half a pint of water, put your water to your sugar, & let it stand, your Quinces must be scalded till they be tender, take them off, pare them, & core them, but not too much, then put them into the skillet where the sugar is, then set them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and stop it close.

To make Bisket-Bread.

Take a pound & a half of white
sugar, and so much flower, as
much Annise-seeds, Coriander-
seed, and Carraway-seed as you
please, and 12 Eggs, 3 whites left
out, take the Sugar, & sift it fine,
and the flower also, and beat
your Eggs a little, & mingle them
well together with four spoon-
fulls of Damask-rose water, beat
them well together, & put in two
spoonfulls more, and beat it again
about an hour & an half in all,
then butter plate-Trenchers, &
put them with stuff, scrape some
sugar on them, and blow it off
again, heat your oven hot enough
to bake a Pye, and let the lid
stand up a little while to draw
down the heat from the top, then
take the lid down again, & let it
stand till it be cold, that you may
suffer your hand in the bottom,
then set in the plates, and set up
the lid again until they rise, then
take

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take them out, and loose them from the plates, and scrape the bottoms, and let them stand four hours, then they be fit to eat.

How to preserve Grapes to look clear and green.

Take a pound of Grapes with no stalks on them, when they begin to be ripe, then weigh a much double refined sugar, beat it ten small, then take the Grapes that are weighed, stone them at the place where the stalks are, pull off the skin, and strain some sugar in the bottom of the thing you do them in, & so lay them in the sugar you did weigh, till you have stoned and pilled them and so strew the sugar upon them, and set them on the fire, and let them boil as fast as can be, till the sirrup be pretty thick, then take them off, and put them up untill they be cold.

How to candy Apricocks.

Take your Apricocks, the fairest,

then and scald them, & pill them,
between two clothes, crush the
softly out of them, as dry
you can without too much
ing them, then take o' sear-
sugar almost as much as they
gh, and boil it altogether to a
height; then take it off the
gh, and lay the Apricocks in it
by one, with a feather an-
at them over, then set them
Chafing-dish of coals, & let
be thorough sod, but not
il, then take them off the fire,
set it on the stove or oven,
in good-warm, and twice a day set
on a fire, & turn them once
every heating, annoint them
with a feather, & the same sirrup
every time you take them off the
fire, this do until you see the sir-
begin to spattle, & be full of
es, then take them out of the
rup, and lay them on glass-
ates, and dry them in a stove or
oven, turning them a day or two
till

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till they be dry: white Pe
plums may be done thus.

*How to make paste of Goosberry
or Barberries, or English Currant*

Take any of these tender fruit
and boil them softly on a Ch
sing-dish of Coals, then strain
them with the pap of a roa
apple, then take as much sugar
it weighs, and boil it to a cand
height, with as much Rosewat
as will melt the sugar, then put
the pap of your fruit into the h
sugar, and let it boil leisurely, t
you see it reasonable stiff, almo
as thick as for Marmalade: the
fashion it on a sheet of glass, &
put it into the oven upon tw
billets, that the glass may no
touch the bottom of the oven, so
if it do it will make the past
rough, and so let it dry leisurely
and when it is dry you may box
it up, and keep it all the year.

*How to make Paste of Oranges
and Lemons.*

Take

Take your Oranges & Lemons
set on the fire 2 vessels of fair
water at once, boil them, & then
strain the water 7 times, that the
bitterness may be taken from
it through the midst, & take
the Kernels, & wring out all
the water from them, then beat
them in an Alabaster Mortar,
with the paps of 3 or 4 Pippins,
then strain it through a fine strai-
ner, then take as much Sugar as
the pap doth weigh, being boi-
led to a candy height, with as
much Rose water as will melt
the Sugar, then put the pap of
your Oranges & Lemons into the
sugar, & so let it boil leisurely
with stirring, & when you set it
off as for Manchet, then fashion
it on a sheet of glass, and so set it
in a Stove or Oven, and when it
is thoroughly dry, box it up for
all the year.

How to make Paste Royal in Sauces.
Take sugar, the quantity of four
ounces,

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ounces, very finely beaten and
sieved, & put it into an ounce
Cinnamon & Ginger, and a grain
of Musk, & so beat it into paste
with a little Gum-dragon steeped
in Rose-water, & when you have
beaten it into paste in a stone
mortar, then roul it thin, & print
it with your molders, then dry
before the fire, & when it is dry
box it up and keep it all the year

*How to candy Peers, Plums, or
Apricocks, that they shall look
as clear as Amber.*

Take your Apricocks & Plums
and give every one a cut to the
stone, in the notch, and then cast
sugar on them, and bake them in
an Oven as hot as for Manchester
close stopped, bake them in an
earthen Platter, let them stand
half an hour, then take them out
of the dish, and lay them one by
one upon Glass plates, and so dry
them, if you can get Glasses, made
like Marmaliet boxes to lay over
them

... they will be the sooner
... ; this is the manner to
... any such fruit.

... to make *Past Royal white*,
... you may make *Court Boles*,
... *Gloves, Shooes, or any pret-*
... *things in Moulds.*

... ke half a pound of double re-
... sugar, and beat it well, and
... it through a fine Lawn,
... put it into a fine Alabaster
... tar, with a little Gum dragon
... in a little Rose-water, &
... grain of Musk, so beat it in a
... till it comes to a pretty
... , then roul it thin with a
... ing-pin, and print it with
... Moulders like *Gloves*,
... , or any thing else, & some
... may roul very thin with a
... ing pin, & let it dry in an a-
... dish, otherwise call'd a *Court*
... & let it stand in the dish till
... dry, & it wil be like a saucer,
... must dry them on a board far
... the fire, but you must not
... put

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put them in an Oven, they will be dry in two or three hours, and be as white as snow, then you may guild Box and Cup.

How to make fine Diet-Bread.

Take a pound of fine flower twice or thrice drest, & a pound a quarter of fine sugar finely beaten, & take seven new laid Eggs & put away the yolk of 3 of them, & beat them very well, & put in or 5 spoonfuls of Rose-water amongst them, & then put them in an Alabaster or Marble mortar, & then put in the flower & sugar by degrees, & beat it, or pound it for the space of 2 hours until it is perfectly white & then put in 1 ounce of Caraway-seed, then butter your plates or saucers, and put in of every one, and so put them into the Oven: If you will have a glass & Ice on the top, you must wash it with a feather, and then strew sugar very finely beaten on the top, before you put it into the Oven.

How to preserve Apricocks.

Take your Apricocks and put
them into a skillet of fair water &
boil them over the fire until they
be something tender, then take
them up out of the water, and
take a bodkin, and thrust out the
stones at the top, and then pill off
their skins. and when you have
done, put them into a silver dish
or bason, & lay sugar very finely
beaten over & under them, and
add a spoonful or 2 of water unto
them, & set them over a very soft
fire until they be ready, then
take them up, and lay them into
another dish a cooling, & if you
like it good, boil the sirrup a little
more, when they are cold, & the
sirrup almost cold, put them up in
a glassy-pot or glass together.

How to preserve Damsons.

Take a pound or something
more of pure sugar finely beater,
then take a pound of Damsons
cut a scoth in the side of each

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of them, & put a row of sugar on
a silver dish or bason, & then lay
in a row of plums, & then cover
it with sugar, and so lay it in till
they be all in, and then take two
spoonfuls of clear wheat, & make
a hole in the middle of them, and
set it over a soft fire, & look to
carefully for fear the sugar should
burn, & when the sugar is all dissolved,
shake them together, and
stir them gently, & then set them
down & cover them till they be
cold; and when they be cold, set
them upon the coals again, and
then let them boil gently till
they be ready; and when they are
ready, take them down, & take
them every one by its stem, and
cover them with the skin as well
as you can, and then put them
one by one in a dish, & if the
rup be not boiled enough, set
over, & let it boil a little longer
and when the plums be cold, put
them in a galley-pot, or glass, and

pour

pour the sirrup to them, while it
is a little warm, you must not
forget to take away the skin of
the plums as it riseth.

How to make Pap of Barley.

Take Barley, and boil it in fair
water softly until it begin to
break, then put that liquor out,
then put as much hot liquor to it
as you put forth, and so let it boil
till it be very soft, then put it into
a Cullender & strain it, then take
a handful of Almonds, and grind
them very well with your Barley
& some of the liquor, so season it
with sugar, & a little Rose-water,
a little whole Mace & Cinamon,
and boil them well together.

How to Candy Oranges and Lemons:

Take the peels of your Oranges
and Lemons, the white cut away
& lay them in water 5 or 6 days,
lifting them twice every day,
then seeth them till they be very
tender, then take them out of
the water, and let them lie until

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they be cold, then cut them in small pieces square, the bigness of a peny or less, then take to every 3, 2 ounces of sugar, put to it a quantity of fair water, and a less quantity of Rose-water, & make a sirrup thereof, then scum it very clean, & put in your peels, and let them boil for the space of an hour, or longer if you find your liquor wanting, you may put in more water at your pleasure, then boil them a little space after with a little sharp fire, stirring it always for burning, then take it off the fire 3 or 4 times, stirring them all the while, and set them on again until they be candied.

How to make Cakes of Almonds.

Take 1 pound & a half of fine flower, of sugar 12 ounces beaten very fine, mingle them well together, then take half a pound of Almonds, blanch them, & grind them fine in a mortar, then strain them with as much Sack as will mingle

ingle the flower, Sugar and Almonds together, make a paste, bake them in an Oven not too hot.

How to make white Lemon-Cakes.

Take half a dozen of white Lemons, the best you can get, then cut & pare them, leave none of the yellow behind, then take away the sowre meat of it, and reserve all the white, & lay it in water 2 days, then seeth it in fair water till it be soft, then take it out and set it by till the water be gone from it, then weigh it, and take twice the weight in sugar, since the white stuff very fine, then take an earthen Pipkin, & put therein some fair water, and some Rose-water; if you have a pound of sugar, you must have half a pint of water, of both sorts like, let your water & sugar boile together, then scum it, and put in the stuff, & so let them boile together, always stirring it till it be

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thick, it will shew very thin, and when it is cold, it will be thick enough. .

To make Oyl of Violets.

Set the Violets in Sallade-oyl, & strain them, then put in other fresh Violets, and let them lie 20 days, then strain them again and put in other fresh Violets, and let them stand all the year.

To preserve Pomecitrons.

Take Pomecitrons & grate off the upper skin, then slightly cut them in pieces as you think good, lay them in water 24 hours then set over a posnet with fair water, & when it boils put them in, and so shift till you find the water not to be bitter; then take them up, & weigh them, & to every pound of Pomecitron, put a pound & a quarter of sugar, then take of your last water a pint and quarter, set your water and Sugar over the fire, then take 2 whites of Eggs, & beat them with a little

fair

water, and when your sirrup
begins to boil, cast in the same
that riseth from the Eggs, and so
let it boil, then let it run through
a clean fine cloth, then put in a
lean posnet, & when your sirrup
begins to boil put in your Pome-
ron & let it boil softly 3 or 4
hours until you find your sirrup
thick enough, be sure you keep
them always under sirrup, & ne-
ver turn them, take them up and
put them into your glass and
when they be cold cover them.

To Candy Ringus Roots.

Take your Ringus roots, and
boil them reasonable tender,
then pill them & pith them, then
lay them together, then take so
much sugar as they weigh, & put
it into a Posnet with as much
Rose-water as will melt it, then
put in your roots, & so let it boil
very softly until the sugar be
consumed into the roots, then
take them, & turn them, & shake

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them till the Sugar be dried up *apple,*
& then lay them a drying upon *it b*
a lattice of wyer, until they be *eight*
cold, in like sort you may candy *ing*
any other Roots, what you please *en c*
To candy all kind of Fruitages, & it
Oranges, Lemons, Citrons, Lettices, &
stocks, Sugar-candy, such as the
Comfit-makers do candy the Fruit
with.

Take 1 pound of refined sugar, *the g*
and put it into a posnet with as *whit*
much water as will wet it, and so *black*
boil it till it come to a candy *est,*
height, then take all your fruit *mill*
being preserved and dried, then *mor*
draw them through your hot su- *be b*
gar, and then lay them on your *Oat*
hurdle, & in 1 quarter of an hour *the*
they will be finely candied. *you*

To candy all kind of Flowers
in ways of Spanish Candy.

Take double refined Sugar, put
it into a posnet with as much
Rose water as will melt it, & put
into it the pap of half a roasted
Apple,

ed up pple, and a grain of Musk, then
it boil till it come to a candy-
height, then put in your flowers,
candies pick'd, and so let it boil;
please then cast them on a fine plate, &
ges, cut it in waves with your Knife,
ettice then you may spot it with gold,
as the and keep it.

Fruit *To make Essings.*

Take 1 peck of Oatmeal-grout
the greatest you can get, and the
with as whitest, pick it clean from the
and so black, & searce out all the smal-
candy est, then take as much evening-
fruit milk as will cover it, & something
then more, boil it & cool it again till it
of su- be blood-warm, then put it to the
your Oatmeal, and let it soak all night,
hour the next morning strain it from
your Milk as dry as you can
through a cloth, then take three
pints of good Cream, boil it with
a Mace, and the yolks of 8 Eggs,
when it is boiled put it into your
stuff, then put in six Eggs more,
whites & yolks; season it with a

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good quantity of Cinamon, Nutmeg, & Ginger, & a less quantity of Cloves, & Mace, put in as much Sugar as you think will sweeten it, have good store of Suet, shred small, and forget not Salt, so boil them.

To make Sugar-Cakes.

Take one pound of fine flower & one pound of Sugar finely beaten and mingle them well together then take 7 or 8 yolks of Eggs, & if your flower be good take one white or two as you shall think good, take 2 Cloves, and a pretty piece of Cinamon, and lay it in a spoonful of Rosewater all night, and heat it almost blood-warm, temper it with the rest of the stuff, when the paste is made, make it up with as much haste as you can, bake them in a soft oven

To make a Calves foot-Pye.

Take your Calves feet, boil them & blanch them, then boil them again till they be tender, then take

Take out all the bones, season it
with Cloves, Mace, Ginger, and
Cinnamon, as much as you shall
think good, then put in a good
quantity of Currans and Butter,
bake your Pie in a soft oven, and
when it is baked take half a pint
of White-wine Vinegar, beat 3
Whites of Eggs, & put to the coals,
season it with sugar, and a little
Rose-water, always stirring it,
then put it into your Pie, & let it
stand half a quarter of an hour.

How to make a very good Pie.

Take the backs of four white
 herrings watered, the bones and
 skin taken away, then take so
 much Wardens in quantity pared
 scored, half a pound of Raisins
 of the Sun stoned, mince all these
 together, & season it with Cinnamon
 and Ginger, and when the
 Pie is baked, put in a little Rose-
 water, and scrape Sugar on it, if
 you put in Butter, then put in a
 handful of grated bread.

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To make Cimbals.

Take fine flower dried, and small th
much Sugar as Flower, then take To be
as much whites of Eggs, as will Take
make it paste, and put in a little oil,
Rose water, then put in a quantity of
rity of Coriander-seed, & Anniseed very
feed, then mold it up in the your C
fashion you will bake it in. flavor

How to preserve Angelica Roots. & a

Take the Roots & wash them when
then slice them very thin, & lay over
them in water 3 or 4 days, changing
the water every day, then put
the roots into a pot of water, and green
set them in the embers all night wash
in the morning put away the with
water, then take a pound of the b
roots, 4 pints of water, and two when
pound of sugar, let it boil, & scum Mace
it clean, then put in the roots, in wher
will be boiled before the sirrup is brot
then take them up, and boil the same
sirrup after, they will ask you if y
whole days work, for they must ther
boil very softly, at St. Andrews put
time Lay

me it is the best time to do them
and all the year.

To boil a Capon with Brewis.

Take a Capon, and truss him to
a little oil, then set on the fire a
good quantity of water, scum
very clean before you set on
your Capon, put a little water,
savory & Time into the belly of
& a little Salt, & gross Pepper;
when you have scumed it clean,
& lay over it close to boil, then take a
good handful of herbs, as Mari-
goldes, Violet-leaves, or any such
green herbs as you shall think fit,
wash them & set them on the fire
with some of the uppermost of
the broth that boils the Capon,
then put into it good store of
Mace, & boil it with the Capon,
when the herbs be boiled & the
broth very green, & almost con-
sumed away, take the uppermost
of your Capon, & strain it toge-
ther, and scald your Brewis, and
put it into a dish, and lay the
Capon on them. To

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To make a Spice-Cake.

Take one bushel of Flower, six pound of Butter, eight pound of Currans, two pints of Cream, a pottle of Milk, half a pint of good Sack, 2 pound of Sugar, 2 ounces of Mace, 1 ounce of Nutmegs, 1 ounce of Ginger, twelve yolks, 2 whites, take the Milk & Cream, & stir it all the time that it boils, put your hot seething milk to it & melt all the Butter in it, and when it is blood-warm, temper the Cake, put not your Currans in till you have made the paste, you must have some Ale-yeast, and forget not Salt.

To make broth of a Neats-tongue.

Take Claret Wine, grated bread Currans, sweet Butter, Sugar, Cinnamon, Ginger, boil them altogether, then take the Neats-tongue and slice it, and lay it on a dish upon sippets, and so serve it.

To sauce a Carp or Gurnet.

Take fair Water and Vinegar,

that it may be sharp, then take
Time, Fennel, and boil
in the broth a good while,
put in a good quantity of
& then put in your Fish, &
when it is well boiled, put the
into a vessel, & let it stand.

To make a fine Pudding.

Take Crums of white bread, and
much fine flower, then take
yolks of four Eggs, and one
te, a good quantity of Sugar,
so much good Cream as will
per it as thick as you would
the pancake-batter, then but-
your pan, and bake it, so serve
asking some Sugar upon it;
must shred suet very small
put it into it.

To make a broth to drink.

Take a Chicken and a little of
neck of mutton, and set them
and scum it well, then put in a
Mace, & so let it boil while
the Chicken is tender, then take
the Chicken out, and beat it all to
• pieces

pieces in a stone mortar, and put
it in again, and so let it boil
from four pints to a little more
then half a pint, then cast
through a strainer, and season

To boil a Chicken, or Partridge.

Take your Chicken, and set
it a boiling with a little of the neck
of Mutton, and scum it well, then
put in a Mace, and so let it boil
down, and when it is almost boi-
led, have some few herbs parboi-
led, as Lettice, Endive, Spinage,
Marigold-leaves, for note, the
Herbs are usually used to be boi-
led, which by course will hold
their colour in boiling, and put
some of these aforesaid herbs to
the Chicken and Mutton, if you
think your broth strong enough
take out your Mutton, then you
may put a little piece of sweet
butter, and a little Verjuice, and
a very little Sugar, and Salt,
serve it in with sippets.

A Broth to drink.

Take a Chicken, and set it on,
when it boils, scum it, then
in a Mace, and a very little
meal, and such herbs as the
ty requires, and boil it well
on, & bruise the Chicken, and
put it in again, and it is a pretty
broth; and to alter it, you may
put in half a dozen Prunes, and
squeeze out the herbs, or put them
in, so when it is well boiled,
strain it, and season it.

A Broth to eat on fasting-days.

Take fair water, & set it a boi-
ling, & when it is boiled, put to it
much strained Oatmeal as you
think will thicken it, and a large
piece, a handful of Raisins of the
sun, as many Prunes, & as many
Currans, if your quantity require
boil it, & when it is boiled, sea-
son it with salt & sugar, & a piece
of sweet butter, if the time will
allow it; & for an alteration, when
this broth is boil'd, put in a quan-
tity

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tity of Cream, & it will do well

To make a Pouado.

The quantity you will make set on in a Posnet of fair water when it boils, put a Mace in, and a little piece of Cinnamon, and a handful of Currans, and much bread as you think meet, boil it, and season it with salt,egar, & Rose-water, & so serve it.

To make a Caudle.

Take Ale, the quantity that you mean to make, and set it on the fire, and when it is ready to boil scum it very well, then cast in a large Mace, and take the yolks of 2 Eggs, for 1 mess, or one draught, and beat them well, & take away the skin of the yolks, and then put them into the Ale, when it seetheth, be sure to stir them well till it seeth again for a youngling, then let it boil a while and put in your Sugar, and if it be to eat, cut three or four toasts of bread thin, & toast them dry.

well not brown, and put them to
uddle, if to drink put none.

make *Almond Butter.*

Blanch your Almonds, & beat
as fine as you can with fair
water, two or three hours, then
strain them through a linnen
cloth, boil them with Rose water
Mace, and Annise seeds,
the substance be thick, spread
on a fair cloth, draining the
water from it, after let it hang in
the same cloth some few hours,
strain it and season it with
water and Sugar.

To stew Beef.

Take a good Rump of Beef,
from the bones, shred Turnips
Carrots small, and Spinage,
Lettuce, put all in a pan, and
stew four hours with so
much water, and a quart of white
wine as will cover it, when it is
stewed enough, then put in a
glass full of elder vinegar,
and serve it in with sippets.

To

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To souce a young Pig.

Take a young pig being f
ded, boil it in fair water,
White-wine, put thereto B
leaves, whole Ginger, and N
meg quartered, a few wh
Cloves, boil it thoroughly, a
leave it in the same broth in
earthen pot.

*To boil Flownders or Pickerels
after the French fashion.*

Take a pint of White-wine, t
tops of young Time & Rosemar
a little whole Mace, a little wh
Pepper, seasoned with Verjuic
salt, and a piece of sweet Buttr
and so serve it, this broth w
serve to boil fish twice or thr
in, or four times.

To make flesh of Apricocks,

Take Apricocks when they a
green, & pare them, & slice them
and take half their weight in su
gar, put it to them, so put them
a Skillet, and as much water
you think will melt the sugar,

them boil, and keep them stirring till they be tender, and so scum them off, and scum them clean, so put them forth of skillett & let them stand, take such sugar as you had before, boil them into a candy height, then put in your Apricocks set them over a soft fire, but let them not boil, so keep them soft stirring, till the sirrup is into jelly, then put them in tins, & keep them for your use.

To make flesh of Quinces.

Take Quinces, pare them, and wash them, & cut them in halves, put them in a thin sirrup till they be tender, then take them out and let them lie in sirrup; then take Quinces, pare and wash them, take out the cores, put as much water to them as will cover them, then boil them till they be very tender, & then strain out the liquor clean from them, and take unto a pint of that

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that liquor a pound of Sugar, as much water to the Sugar will melt it, then boil it to a Candy height; then stir the Quinces that are in the sirrup as thin as you can, when your Sugar is full Candy height, put in a pound of the liquor, then set it over soft fire, stirring it leisurely till the Sugar be dissolved, then put in half a pound of your sliced Quinces keeping it still stirring, but not to boil, you must take the jelly of Quinces kernels that have been in water two or three hours, take two good spoonfuls of it, and add it to the flesh, so keep it stirring leisurely till it begin to jelly on the spoon, then put it into glasses, and keep it in a stove.

To preserve Oranges.

Take a pound of Oranges, a pound of Sugar, pill the outward rind, and inward white skin, take juice of Oranges, put the rind into the juice, boil them half an hour, & take them off.

To dry Cherries.

Take the fairest Cherries, stone
 them, take to six pound of Cher-
 ries, a pound of Sugar, put them
 in a skillett, straining the Sugar
 over them, as you put them in,
 put as much water to them
 will boil them, then set them
 on a quick fire, let them boil
 then take them off, and strain
 them very clean, put them into
 a earthen pan or pot, let them
 stand in the liquor four days, then
 lay them up and lay them seve-
 ral one by one upon silver or
 gilded dishes, set them in an
 oven after the bread is taken out,
 and so shift them every day upon
 new dishes, and so till they be dry.

To dry Peaches.

Take Peaches and coddle them,
 take off the skins, stone them,
 take to four pound of Peaches, a
 pound of Sugar, then take a gal-
 lopot and lay a lane of Peaches,
 a lane of Sugar, till all be
 laid

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laid out, then put in half a p
of water, so cover them close
set them in embers to keep warm
so let them stand a night & a day
put them in a skillet, & set the
on the fire to be scalding hot
then put them into your pot
gain, & let them stand 24 hou
then scald them again, then take
them out of your sirrup, and
them on silver dishes to dry, y
may dry them in an oven wh
the bread is taken out, but
dry them in the Sun is better
you must turn them every d
into clear dishes.

To boil Veal.

Take Veal & cut it in thin
ces, and put it into a pipkin w
as much water as will cover
then wash a handful of Currant
and as much Prunes, then take
Court-roul, & cut it in long
ces like a Butchers skiuer, the
put in a little Mace, Pepper
Salt, a piece of Butter, and a litt
Vinegar

a pipkin, some crumbs of bread,
and when it hath stewed 2 hours
take it up, and serve it.

To boil a Capon in white broth.

Truss a Capon to boil, & put it
to a pipkin of water, and let it
boil 2 hours, & when it is boiled,
take up a little of the broth, then
take the yolks of Eggs, and beat
them very fair with your broth
, what you take up, then set it by
the fire to keep warm, season it
with grated Nutmeg, Sugar, and
salt, then take up your Capon,
pour this broth on with a little
sage, if you have it, garnish it
with sippets, and serve it, remem-
ber to boil whole Mace with
your Capon, and Marrow if you
have it.

*To boil a Capon or Chicken in white
broth with Almonds.*

Boil your Capon as in the other,
then take Almonds, and blanch
them, and beat them very small,
adding in sometimes some of
your

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your broth to keep them from
boiling; when they are beaten
small enough, put as much of the
uppermost broth to them, as will
serve to cover the capon, then
strain it, and wring out the sub-
stance clear, then season it as be-
fore, & serve it with marrow on

How to boil Brawn

Water your Brawn 24 hours
wash and scrape it 4 or 5 times
then take it out of the water, and
lay it on a fair Table, then throw
a handful of salt on every collar
then bind them up as fast as you
can, with Hemp, Bals or Incl
then put them into your kettle
when the water boileth, and
when it boileth scum it clean, let
it boil until it be so tender that
you may thrust a straw through
it, then let it cool until the next
morning. By the souced meat
you may know how to souce it

How to boil a Gammon of Bacon

Water your Gammon of Bacon

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hours, then put it into a deep
ettle, with some sweet Hay, let
boil softly six or 7 hours, then
ke it up with a scummer and a
ate, & take off the skin whole,
en stick your Gammon full of
oves, strew on some gross Pep-
er, then cut your skin like sip-
s, and garnish your Gammon,
d when you serve it, stick it
ith bays.

How to boil a Rabbet.

Fley & wash the Rabbet, & slit
e hinder leg on both sides of
e back-bone, from the forward
russ them to the body, set the
d right up with a skiuer,
ht down in the neck, then put
o boiling, with as much water
ll cover it; when it boils, scum
season it with Mace, Ginger,
& Butter, then take a hand-
of Parsley, and a little Time,
lit by it self, then take it up,
it with the back of a knife,
en take up your Rabbet, & put

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it in a dish, then put your herb
to your broth, & scrape in a Car-
ret-root, let your broth boil a lit-
tle while, put in Salt, pour it on
your Rabbet, and serve it in

*How to boil a Mallard with a
Cabbage.*

Half roast your Fowl, then take
it off, & cast it down, then put
into a pipkin with the gravy
then pick & wash some Cabbage
and put to your Mallard, with
much fair water as will cover
then put in a good piece of but-
ter, and let it boil an hour, season
it with pepper and salt, and serve
it upon sops.

How to boil a Duck with Turnips

Half roast her, then cover her
with liquor, boil your Turnips
themselves, half an hour, then
cut them in cakes, and put them
to your Duck with Butter and
Parsly chopt small, when it has
boiled half an hour, season
with Pepper and Salt, and serve
it upon sops.

How to boil Chickens, & Sorrel-sops.
Truss your Chickens, and boile
them in water & salt very tender,
then take a good handful of Sor-
rel, and beat it stalks and all, then
strain it, & take a Manchet, & cut
in sippets, and dry them before
the fire, then put your green
broth upon the coals, season it
with Sugar, and grated Nutmeg,
and let it stand until it be hot,
then put your sippets into a dish,
put your Chickens upon them,
and pour sauce upon it, & serve it.

How to boil a Pike in white Broth.
Cut your Pike in 3 pieces, and
boil it with water & salt, & sweet
herbs, let it boil until it stain,
then take the yolks of half a
dozen Eggs, & beat them with a
little Sack, Sugar, melted Butter,
& some of the Pikes broth, then
put it on the fire to keep it warm
but stir it often lest it curdle, then
take up your Pike, and put the
head & tail together, then cleave

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the other pieces in two, take out the back-bone, and put one piece on the one side, & the other piece on the other side, but blanch all, then pour on your white broth, garnish your dish with sippets & boiled parfly, & strew on powder of Ginger, and wipe the edge of the dish round, and serve it.

How to boil divers kinds of Fish.

Bat, Conger, Thornback, Plaice, Salmon, Trout or Mullet, boil any of these with water, salt, & sweet herbs, when they boil, scum it very clean, then put in Vinegar, and let it boil till you think it is enough, your liquor must be very hot of the salt, then take it off, you may let it stand 5 or six days in the liquor, then if you would keep it longer, pour that liquor away, & put water & salt to it, or saucing drink, you must remember to let your Mulletts boil softly & your Thornback & other fish, very fast, you must blanch your

Thorn-

hornback while it is warm, and
when you serve any of those
dishes, strew on some green herbs.

*How to make a Sallet of all
manner of Herbs.*

Take your Herbs, & pick them
clean, and the flowers, wash them
clean, & swing them in a strainer
then put them into a dish, & min-
ce them with Cucumbers & Le-
mons sliced very thin, then scrape
on sugar, & put in vinegar & oil,
then spread the flowers on the
top, garnish your dish with hard
eggs, & all sorts of your flowers,
drape on sugar, and serve it in.

*How to stew Steaks between
two Dishes.*

You must put Parsly, Currans,
butter, Verjuice, and 2 or 3 yolks
of Eggs, Pepper, Cloves and
Mace, and so let them boil toge-
ther, and serve them upon sops,
likewise you may do steaks of
Mutton or Beef.

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How to stew Calves Feet.

Boil them, and blanch them, cut them in two, and put them into a Pipkin with strong broth, then put in a little powder of Saffron & sweet Butter, Pepper, Sugar, & some sweet herbs finely minced, let them stew an hour, put in salt and serve them.

How to stew a Mallard.

Roast your Mallard half enough, then take it up, & cut it in little pieces, then put it into a dish with the gravy, & a piece of fresh Butter, & a handful of Parsley chopped small with two or three Onions, and a Cabbage-lettice, let them stew one hour, then season it with Pepper, and salt, and a little Verjuice, then serve it.

How to stew Trouts.

Draw your Trouts, and wash them, & then put them into a dish with white Wine, & water, and a piece of fresh Butter, then take a handful of Parsley, a little Time, and

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Eggs, &
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ut it in

and a little Savory ; mince these
all, & put to your Trouts with
little sugar, let them stew half
an hour, then mingle the yolks of
3 hard Eggs, & stew them on
your Trouts with Pepper and
salt, then let them stew a quarter
an hour and serve them.

How to stew Smelts or Flounders.

Put your Smelts or Flounders
into a deep dish with white-
wine & water, a little Rosemary
and Time, a piece of fresh butter,
and some large Mace, and salt, let
them stew half an hour, then
take a handful of Parsley & boil
it, then beat it with the back of a
knife, then take the yolk of 3 or
4 Eggs, & beat them with some of
your fish broth then dish up your
fish upon sippets, pour on your
sauce, scrape on sugar, & serve it.

How to stew a Rabbit.

Half roast it, then take it off the
spit, & cut it in little pieces, and
put it into a dish with the gravy,

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and as much liquor as will cover it, then put in a piece of fresh Butter, & some powder of Ginger some Pepper and salt, 2 or 3 Pipkins minced small, let these stew an hour, then dish them upon sippets.

How to stew a Pullet or Capon.

Half roast it, then cut it in pieces, put it into a dish with the gravy, & put in a little Cloves & Mace with a few Barberries or Grapes, put these to your Pullet with a pint of Claret, and a piece of Butter, let these stew an hour, dish them upon sippets & serve it.

How to stew cold Chickens.

Cut them in pieces, put them into a pipkin of strong broth, and a piece of Butter, then grate some bread & a Nutmeg, thicken your broth with it, season your meat with gross Pepper, & salt, dish it upon sippets, and serve it.

How to make paste for a Pasty of Venison.

Take

Take almost a peck of Flower,
beat it with two pound of butter,
and as much suet, then wet your
paste, put in the yolks of 8 or 10
eggs, make reasonable leight
paste, then roul it and lay it on
a flat, first lay a paper under your
paste, then lay on your Venison,
season it, pink it, baste it with but-
ter, & bake it, when you draw it
out, baste it with butter again.

*How to make Paste for a Pie to
keep long.*

Your flower must be of Rye, and
your liquor nothing but boiling
water, make your paste as stiffe as
you can, raise your coffin very
high, let your bottom and sides
be very thick and your lid also.

How to make paste for a Custard.

Your liquor must be boiling wa-
ter, make your paste very stiff,
then roul out your paste, and if
you would make a great Tart,
then raise it, and when you have
done cut the bottom a little from
the

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the side, then roul out a thin
sheet of paste, lay paper under it, take
frew flower that it may not stick to a h
to it; then put your coffin on it, half
what fashion you will, then draw the fi
it, and fill it, and bake it. To it,

How to make Paste for buttered—bake
Loaves. It in

Take a pottle of flower, put therein
to Ginger, & Nutmeg, then wet it with
with milk, yolks of Eggs, Yest & a litle
salt, then make it up into little ends
loaves, then butter a paper, & put
the loaves on it, then bake them up
and when they are baked, draw them
them forth, & cut them in Cakes with
butter them, then set them as they be
were, scrape on sugar, & serv them you

How to make Paste for Dumplings the
Season your flower with Pepper, clove
Salt, and Yeast, let your water be rou
more then warm, then makethem aga
up like Manchet, but let them be the
somewhat little, then put them 2
into pour water when it boileth Y
and let them boil an hour, then bef
butter them. T

To make Puffe paste.

Take a quart of flower & a pound
of Butter, and work the
half pound of Butter dry into
the flower, then put 3 or 4 Eggs
to it, & as much cold water as will
make it a little paste, then work
it in a piece of a foot long, then
strain a little flower on the table,
take it by the end, beat it while
it stretch long, then put the two
ends together, & beat it again &
do 5 or six times, then work it
up round, and roul it out broad,
then beat your pound of Butter
with a rouling pin, that it may
be leight, then take little bits of
your butter, and stick it all over
the paste, then fold up your paste
close, & coast it down with your
rouling-pin, and roul it out
again, and so do five or six times,
then use it as you will.

To bake a Gammon of Bacon.

You must first boil it two hours
before you stuff it, stuff it with
sweet

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sweet herbs, and hard Eggs chop together with Parsley.

To bake Fillets of Beef, or clods, instead of Red deer.

First take your Beef, and lard it very thick, then season it with Pepper, Salt, Ginger, Cloves and Mace good store, & a great deal more Pepper and Salt then you would do to a piece of Venison, then close it, and when it is baked, put in some Vinegar, Sugar, Cinamon, & Ginger, and shake it well, then stop the vent-hole, and let it stand three weeks before you spend it.

How to bake Calves Feet.

Season them with Pepper, salt & Currans, when they be baked, take the yolks of 3 or 4 Eggs, & beat them with Verjuice, or Vinegar, Sugar, and great Nutmeg, put it into your Pie, scrape on Sugar, and serve it.

How to bake a Turkey.

Take out his Bones and Guts, then

hop
en wash him, then prick his
ck together again, then parboil
, in- m, season him with Pepper &
alt, stick some Cloves in the
rd i- east of him, then lard him, and
with- at him into your Coffin with
and- utter, in this sort you may bake
dear- Goose, Pheasant or Capon.

To bake a Hare.

son, Take out his bones, & beat the
ba- sh in a mortar with the Liver,
gar, then season it with all sorts of
e it- ices, then work it up with 3 or
ole, yolks of Eggs, then lay some of
eks- all over the bottom of the Pie,
then lay on some lard, and so do
until you have laid on all, then
ake it well with good store of
weet butter.

& bake Quinces or Wardens, so as the
fruit look red, & the crust white.

Your Wardens must be stewed
in a pipkin with Claret-wine,
sugar, Cinnamon, and Cloves,
then cover your pipkin with a
sheet of paste, & let it stand in the
Oven

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Oven five or six hours, then raise a Coffin of short paste, put in your Wardens with Sugar, & put it in to the Oven when it hath stood an hour, take it out and wash it with Rose-water & butter, then scrape on sugar and put it in a quarter of an hour more, and it will be red upon the top, then scrape on sugar and serve it.

To bake Chucks of Veal.

Parboil 2 pound of the lean flesh of a leg of Veal, mince it as small as grated bread, with 4 pound of Beef-suet, then season it with Biskay, Dates & Carraways, and some Rose-water, Sugar, Raisins of the sun, and Currans, Cloves, Mace, Nutmeg, & Cinamon, then mingle them altogether, fill your pies and beat them.

To bake a Chicken Pie.

Season your Chickens with Nutmeg, salt, pepper, and sugar, then put them into your coffin, then take some marrow & season with the

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same spice, then roul it in
ks of Eggs, and lay it on your
cken, with minced Dates, and
d store of butter, then bake
and put in a little sack, or
scadine, or white-Wine and
ar, then shake it, scrape on
ar and serve it.

How to bake a Steak Pie:

ut a Neck of Mutton in steaks,
at them with a Cleaver, season
em with Pepper, and Salt, and
tmeg, then lay them on your
fin with Butter & large Mace,
en bake it, then take a good
antity of parsley, & boil it, beat
s soft as the pap of an Apple,
in a quarter of a pint of Vine-
r, and as much white Wine,
th a little sugar, warm it well,
d put it over your steaks, then
ake it, that the gravy and the
quor may mingle together,
ape on sugar, and serve it.

To make an Italian Pudding.

Take Manchet, and cut it in
square

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square pieces like a Die, then put
to it half a pound of Beef-suet
minced small, Raisins of the Sun
the stones picked out, Cloves
Mace, minced Dates, Sugar, Mar-
row, Rose-water, Eggs & Cream
mingle all these together, and put
it into a dish fit for your stuff, in
less than an hour it will be baked
then scrape on sugar, & serve it in

How to make a Florentine.

Take the Kidney of a Loyn of
Veal, or the wing of a Capon, or
the leg of a Rabbet, mince any
of these small, with the Kidney of
Loyn of Mutton, if it be not fat
enough, then season it with
Cloves, Mace, Nutmegs & Sugar
Cream, Currans, Eggs and Rose-
water, mingle these four together
and put them into a dish between
two sheets of paste, then close it
and cut the paste round by the
brim of the dish, then cut it round
about like Virginal keys, then
turn up one, and let the other

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then pink it, cake it, scrape
sugar, and serve it.

To roast a Breast of Veal.

Take Parsley and Time, wash
them, and chop them small, then
take the yolks of five or 6 Eggs,
and bread and Cream, mingle
them together with Cloves, Mace,
Nutmeg, Currans and Sugar, then
stuff up the skin of the Breast of
Veal, & put in your stuff, prick it
close with a Skiuer, then roast
it, & baste it with Butter, when it
is roasted, wring on the juice of a
Lemon, and serve it.

To roast a Hare.

Case your Hare, but cut not off
ears nor legs, then wash her,
and dry her with a cloth, then
make a pudding, & put into her
it, then sew it up close, then
roast her as if she were running,
then spit her, then take some
Muret-wine, and grated bread,
sugar, and Ginger, Barberries,
and butter, boil these together
for your sauce.

To

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To roast a Shoulder of Mutton.

Roast it with a quick fire, till the fat may drop away, & when you think it is half roasted, set a dish under it, and flesh it with a knife a-cross as you do Pork, but you must cut it down to the bone on both the sides, till the gravy run into the dish, baste no more after you have cut it, pour unto the gravy half a pint of white-Wine-Vinegar, a handful of Capers and Olives, five or six blades of Mace, a handful of Sugar, and stew all these together and pour it on your meat.

To roast a Neats-Tongue.

Boil him, and blanch him, cut out the meat at the butt-end, and mingle it with Beef suet as much as an Egg, then season it with Nutmeg, and Sugar, Dates, Currans, and yolks of raw Eggs, then put your meat to the Tongue and bind it with a Cawl of Veal or Mutton, then roast it, baste

with

h butter, save the gravy, and
thereto a little Sack or Mus-
line, let it stew a little while,
pour it into your Tongues,
and serve it.

*How to roast a Pig with a Pudding
in his Belly.*

Sley a fat Pig, truss his head
looking over his back, then tem-
per as much stuff as you think
will fill his belly, then put it into
your Pig, and prick it up close,
when it is almost roasted, wring
the juice of a Lemon, when
you are ready to take it up, take
four or five yolks of Eggs, and
wash your Pig all over, mingle
your bread with a little Nutmeg,
and Ginger, then dry it, & take it
as fast as you can, let your
sauce, be Vinegar, Butter, and
Vinegar, the yolk of a hard Egg
beated, and serve it hot.

How to roast a Leg of Mutton.

Cut holes in a Leg of Mutton,
with a knife, then thrust in slices
of

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of Kidney suet, and stick it with Cloves, roast it with a quick fire when it is half roasted, cut off a piece underneath, and cut it into thin slices, then take a pint of great Oysters with the liquor, 3 or 4 blades of Mace, a little Water negar and Sugar, stew these till the liquor be half consumed, then dish up your Mutton, pour on the sauce and serve it.

How to roast a neck of Mutton.

Cut away the swag, and roast it with a quick fire, but scorch it not baste it with butter a quarter of an hour, after wring on the juice of half a Lemon, save the gravy, then baste it with butter again, wring on the other half of the Lemon, when it is roasted dry it with Manchet and grate Nutmeg, then dish it, and pour on your sauce.

To roast a Shoulder or Haunch of Venison, or Chine of Mutton.

Take any of the meats, and lard them

prick them with Rosemary
them with butter, then take
a pint of Claret wine, Cinnamon,
Ginger, Sugar, grated bread
Rosemary & Butter, let all these
together, until it be as thick
Water-gruel, then put in a little
Rosewater and Musk, it will
make your Gallentine taste very
pleasantly, put it on a sitting dish,
saw off your meat, lay it into
dish, strew it with salt.

Roast a Shoulder or Fillet of Veal.
Take Parsly, Winter-savory,
Time, mince these small
thick hard Eggs, season it with
meg, pepper, Currans, work
together with raw yolks of
eggs, then stuff your meat with
this, roast it with a quick fire,
sauce it with Butter, when it is
roasted, take the gravy and put
into Vinegar, Sugar and Butter,
let it boil, when your meat is
roasted, pour this sauce on it, and
serve it.

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To roast a Gigget of Mutton.

Take your Gigget with Cloves
and Rosemary, and lard it, roast
it, baste it with butter, and serve
the gravy, put thereto some
Claret wine, with a handful
Capers, season it with Ginger and
Sugar, when it is boiled well
dish up your Gigget, and pour
your sauce.

To fry a Chicken.

Boil your Chicken in water
and Salt, then quarter them in
a pan with sweet Butter, and
them fry leisurely, then pour
thereto a little Verjuice, & Nutmeg,
Cinnamon and Ginger, take a
yolks of two or three raw Eggs
stir these well together, and dish
up your Chickens, pour the sauce
upon them.

How to fry Calves feet.

Boil them, and blanch them
then cut them in two, then take
good store of Parsly, put thereto
some yolks of Eggs, season it with

Nutmeg

Nutmeg, Sugar, Pepper, and Salt,
 Cloven roul your Calves-feet in
 it, roem, and fry them with sweet
 butter, then boil some Parsly, and
 so eat it very tender, put to it Vi-
 ndful gar, Butter, and Sugar, heat it
 ger a ot, then dish up your feet upon
 d weppets, pour on your sauce,
 pour rape on some Sugar, and serve
 hot.

How to fry Tongues.

Boil them, and blanch them,
 em in them in thin slices, season
 and them with Nutmeg, Sugar, Cina-
 on, and Salt, then put thereto
 & Ne yolks of raw Eggs, the coar
 er, a Lemon cut in square pieces
 w Egke a Die, then fry them in
 nd spoonfuls with sweet butter, let
 e saur sauce be white-Wine, su-
 ar and Butter, heat it hot, and
 t. our it on your Tongues, scrape
 the n sugar, and serve it,

How to make Fritters.

Make your Batter with Ale,
 it w eggs and yeast, season it with
 utm R Milk

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Mlik, Cloves, Mace, Cinnamon Nutmeg & Salt, cut your Apple like Beans, then put your Apple and Butter together, fry them in boiling Lard, strew on sugar, and serve them.

To souce Brawn.

Take up your Brawn while it is hot out of your boiler, then cover it with Salt, when it hath stood an hour, turn the end that was under upward, then strew on salt upon that, then boil your soucing-drink, and put thereto a good deal of salt, when it is cold, put in your Brawn, with the salt that is about it, and let it stand ten days, then change your soucing drink, and as you change it, put in Salt, when you spend it, if it be too salt, change it with fresh drink.

To souce a Pig.

Cut off the head, and cut your Pig into two fleiks, and take out the bones, then take a handful of
sweet

Sweet Herbs, and mince them
small, then season your Pig and
Herbs with Nutmeg, Ginger,
Cloves, Mace, & Salt, then strew
your Herbs in the inside of your
Pig, then roul them up like two
Collars of Brawn, then bind them
in a cloth fast, then put them a
boiling in the boiling-pot, put in
some Vinegar and salt, when
they are boiled very tender, take
them off, let them stand in the
same liquor 2 or 3 days, then put
them into soucing-drink, and
serve it with Mustard and Sugar.

How to souce Eels.

Take two salt Eels, & fley them,
cut them down the back, and
take out the bones, & take good
store of Parsley, Time, and sweet
Marjoram, mince them small sea-
son them with Nutmeg, Ginger,
Pepper & Salt, strew your herbs
in the inside of your Eels, then
roul them up like a Collar of
Brawn, put them into a cloth, &

R 2

boil

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boil them tender with Salt and Vinegar, when they are boiled then take them up, let them be in the pickle two or three days, and then spend them.

How to souce a Breast of Veal.

Take out the bones of a Breast of Veal, & lap it in water ten or twelve hours, then take all manner of sweet herbs, & mince them small, then take a Lemon & cut it in thin slices then lay it with your herbs in the inside of your breast of Veal, then roul it up like a Collar, and bind it in a cloth and boil it very tender, then put it into soucing drink & spend it.

To souce a Tench or Barbel.

First cut them down the back then wash them, and put them boiling in no more water then will cover them, when they boil put in some Salt and Vinegar, scum it very clean, when it is boiled enough take it up, and put it into a dish fit for the Fish then

then take out the bones, pour on
much liquor as will cover it,
with grated Nutmeg, and powder
of Cinnamon, when it is cold
serve it.

To souce a Fillet of Veal.

Take a fair Fillet of Veal, and
lard it very thick, but take out
the bones, season it with Nutmeg,
Ginger, Pepper, & salt, then roul
it up hard, let your liquor be the
one half white-Wine, the other
half water; when your liquor
boileth put in your meat, with
Salt, and Vinegar, and the peel of
a Lemon, then scum it very clean,
let it boil until it be tender, then
take it not up until it be cold,
and souce it in the same liquor.

To marble Beef, Mutton, or Venison.

Stick any of these with Rose-
mary and Cloves, then roast it,
being first jointed very well, then
baste it oft with water and salt,
and when it is thoroughly roasted
take it up, and let it cool, then

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take Claret-wine and Vinegar, and as much water, boil it with Rosemary, Bayes, good store of Pepper, Cloves, salt; when it hath boiled an hour, take it off, and let it cool, then put your meat into a Vessel, and cover it with this liquor and Herbs, then stop it up close, the closer you stop it, the longer it will keep.

To marble Fish.

Take Flounders, Trouts, Smelts, or Salmons, Mulletts, Mackrels or any kind of shell-fish, wash them and dry them with a cloth, then fry them with Sallade-Oyl, or clarified Butter, fry them very crisp, then make your pickle with Claret-wine and fair water, some Rosemary and Time, with Nutmegs cut in slices, and Pepper and Salt, when it hath boiled half an hour, take it off, and let it cool, then put your fish into a Vessel, cover it with liquor and spice, and stop it close.

How

How to make a Tart of Wardens.

You must first bake your Wardens in a pot, then cut them in quarters, and core them, then put them into your Tart, with sugar, Cinamon, and Ginger, then close up your Tart, and when it is almost baked, do it as your Warden-pie, scrape on sugar and serve it.

To make a Tart of green Pease.

Take green Pease, and seeth them tender, then pour them out into a Cullender, season them with Saffron, salt, and sweet butter, and sugar, then close it, then bake it almost an hour; then draw it forth, and ice it, put in a little Verjuice, and shake it well, then scrape on sugar and serve it.

How to make a Tart of Rice.

Boil your Rice, & pour it into a Cullender, then season it with Cinamon, Nutmeg, Ginger, and Pepper and sugar, the yolks of 3 or 4 Eggs, then put it into your Tart, with the juice of an Orang,

R 4

then

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then close it, bake it, and ice it
scrape on sugar, and serve it.

How to make a Tart of Medlers.

Take Medlers that are rotten,
then scrape them; then set them
upon a chafing-dish of coals, sea-
son them with the yolks of Eggs,
sugar, cinnamon, and Ginger, let
it boil well, and lay it on paste,
scrape on sugar, and serve it.

How to make a Tart of Cherries.

Take out the stones, and lay the
Cherries into your Tart, with
sugar, Ginger, and cinnamon;
then close your Tart, bake it
and ice it, then make a sirrup of
Muskadine and Damask water,
and pour this into your Tart,
scrape on sugar, and serve it.

How to make a Tart of Strawberries

Wash your Strawberries, and
put them into your Tart, season
them with sugar, cinnamon, gin-
ger, and a little red Wine, then
close it, and bake it half an hour,
ice it, scrape on sugar, & serve it.

To

To make a Tart of Hips:

Take Hips, and cut them, and take out the seeds very clean, then wash them, season them with sugar, cinnamon and Ginger, then close your Tart, bake it, ice it, scrape on sugar, serve it.

How to make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then stew them with Claret-Wine, cinnamon, and Ginger, let them stew half an hour, then pour them out into a Cullender, but break them not, when they are cold, lay them one by one into the Tart, then lay on sugar, bake it, ice it, scrape on sugar, and serve it.

How to scald Milk after the Western fashion.

When you bring your Milk from the Cow, strain it into an earthen pan, and let it stand two hours, then set it over the fire

R 5

till

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till it begin to heave in the middle, then take it off, but jog it a little you can, then put it into a room where it may cool, and no dust fall into it, this Milk or Cream you may keep it two or three days.

To make a Funket.

Take Ewes or Goats milk, if you have neither of these, then take Cows-milk, and put it over the fire to warm, then put in a little Runnet to it, then pour it out into a dish, and let it cool, then strew on cinnamon and sugar, then take some of your aforesaid Cream and lay on it, scrape on sugar and serve it.

To make Cream Clutter.

Take Milk, and put it into an earthen pot, and put thereto Runnet, let it stand two days, it will be all in a curd, then season it with some sugar, cinnamon, and cream, then serve it, this is best in the hottest of the summer.

To

To make a White-pot.

Take a quart of Cream, and
put it over the fire to boil, season
with sugar, nutmeg, and cinna-
mon, sack and Rosewater, the
yolks of seven or eight Eggs,
beat your Eggs with Sack and
Rosewater, then put it into your
cream, stir it that it curdle not,
then pare two or three pippins,
core and quarter them, and boil
them with a handful of Raisins
of the Sun, boil them tender, and
pour them into a cullender, then
put some sippets very thin, and
lay some of them in the bottom
of the dish, and lay on half your
Apples, and currans; then pour in
half your milk, then lay on more
sippets, and the rest of your Ap-
ples and Raisins, then pour on
the rest of your Milk, bake it,
grape on sugar, and serve it.

How to make a Pudding in haste.

Take a pint of Milk, and put
thereto a handful of Raisins of
the

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the Sun, and as many currants it a b
and a piece of Butter, then grate our C
Manchet, and a Nutmeg also, and in sip
put thereto a little Flower; when y
your Milk boileth, put in your R
bread, let it boil a quarter of a little
hour, and put in a piece of butter cream
in the boiling of it, and stir it all and pu
ways, then dish it up, pour on very fa
butter, and serve it. put yo

To make a Pudding in a Dish. your i

Take a quart of cream, put cool,
thereto a pound of Beef-suet sugar
minced smal, put it to your Milk
season it with Nutmeg, sugar, Tal
Rose-water and cinnamon, then into t
take some seven or eight Eggs, then
and beat them very well, then it ma
take a cast of Manchets, & grate and v
them, and put unto it, then min- or th
gle those together well; then put Vine
it into a dish, and bake it, when and
it is baked, scrape on sugar, and L
serve it. T

To boile Cream. flow

Take a quart of cream, and of f
set

trans it a boiling with Mace, whilst
grat your Cream is boiling cut some
, and in sippets, then take seven or
weight yolks of Eggs, put them
your with Rose-water and sugar, and
f a little of your Cream when your
tte Cream boileth take it off the fire,
t al and put in your Eggs, and stir it
r on very fast that it curdle not, then
ut your sippets into the dish,
our in your Cream, and let it
pu cool, when it is cold, scrape on
ne sugar and serve it.

To draw Butter.

gar Take your Butter, and cut it
nen into thin slices, put it in a dish,
gs then put it upon the coals where
nen it may melt leisurely, stir it often,
ate and when it is melted, put in two
n- or three spoonfuls of Water, or
out Vinegar, which you will, stir then
en and beat it until it be thick.

Lady of Arundels Manchet.

d Take a bushel of fine Wheat-
et flower, twenty Eggs, three pound
of fresh butter, then take as
much

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much salt and barm as to the ordinary Manchet, temper it together with new milk pretty hot, then let it lie the space of halfe an hour to rise, so you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Pidgeons.

Boil them in water and salt, take a handful of Parsley, as much Time stript, two spoonfulls of Capers minced altogether, and boil it in a pint of the said liquor a quarter of an hour, then put in two or three spoonfulls of Verjuice, two Eggs beaten, let it boil a little and put to a little Butter, when you have taken it off the fire, stir this altogether, and pour it upon the Pidgeons, with sip-pets round the dish.

A Florentine of sweet-bread or Kidneys.

Parboil three or four Kidneys, and mince them small, season them with Nutmeg, one stick of Cinna-

e or cinnamon, beat as much Sugar as
 toge all sweeten it, and a peny loaf
 hot ted, and the marrow of three
 hal nes in good pieces, and a quar-
 work of a pound of Almond paste,
 , let glafs of Maligo-sack, 2 spoon-
 s of Rose-water, a grain of
 usk, and one grain of Amber-
 salt, kee, and a quarter of a pint of
 as eam, three or four Eggs, and
 fuls x altogether, and make it up
 and puffle-paste, and bake it three
 uor arters of an hour.

A Pork-Pie.

er-boil your leg of Pork, season it
 with Nutmeg and Pepper, and
 er, t, bake it five hours in a round

A Chicken Pie.

ip-Scald and season your Chickens
 with Nutmegs, as much Sugar as
 cinnamon, Pepper, and Salt, then
 at them in your Pie, then put
 ree quarters of quartered Let-
 ce, and six Dates quartered, and
 handful of Goosberries, and
 half

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a sliced Lemon, and three or four
branches of Barberries, and
little Butter, you may use to for
Chickens three marrow-bone
rould in yolks of Eggs, and
Ringo-roots, and some preserve
Lettuce, make a Caudle, & put
in when the Pie comes out of the
oven, an hour and a half is e
nough to stand in the Oven.

A Lamb Pie.

Take the same ingredients you
did for the Chicken pie, only
leave out the Marrow, the Ringo
roots, and the preserved Lettuce
make your Caudle of White
wine, Verjuice and Butter, put
in when the Pie comes out of
the Oven.

Sauce for a Shoulder of Mutton.

Take a spoonfull of Herbs, and
as many Capers, half a pint of
white-Wine, half a Nutmeg, and
two Eggs; when it is boiled put
a piece of Butter to the gravie,
when it is boiled, take it off, and
put the butter in.

A Lumber Pie.

Take three or four sweet breads
of Veal, parboil and mince them,
very small, then take the Curd of
a quart of milk, turned with
three Eggs, half a pound of Al.
mond paste, and a peny-loaf gra-
mingle these together, then
take a spoonful of sweet Herbs
chopped very small, also six oun-
ces of Oringado, and mince it,
then season all this with a quar-
ter of Sugar, and three Nutmegs,
then take five Dates, and a quar-
ter of a pint of Cream, four yolks
of Eggs, three spoonfuls of Rose-
water, three or four Marrow-
bones, mingle all these together,
except the Marrow, then make it
in long Boles, about the big-
ness of an Egg, and in every hole
put a good piece of Marrow, put
these into the pie; then put a
quarter of a pound of butter and
a sliced Lemon, then make
a puddle of white-Wine, Sugar &
Verjuice,

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Verjuice, put it in when you take your pie out of the Oven; you may use a grain of Mace and Ambergrieece.

An Oyster Pie.

Season your Oysters with Nutmegs, Pepper, and salt, and sweet herbs, your Oysters being first thrown into scalding water, and parboiled, season them, and put them into the pie; put 2 or 3 blades of Mace, and half a slice of Lemon, and the Marrow of 2 bones rould in the yolks of Eggs and some Butter, then let your pie stand almost an hour in the Oven, then make a caudle of Verjuice, Butter and Sugar, put it to your pie; when you take it out of the oven, you may use 2 Nutmegs to one quart of Oysters, and as much pepper as the quantity of 3 Nutmegs, but less salt, and one spoonful of sweet herbs.

A Hartechoak Pie.

Take the bottoms of boiled Hartechoaks, and put them in a but

techoaks, & quarter them, &
the meat from the leaves,
on it with half an ounce of
namon, and half an ounce of
en Nutmegs, and two ounces
gar, and put them into your
and boiled marrow rouled in
s of Eggs, and six blades of
e Mace, Lemon sliced, six
tered Dates, and a quarter of
und of Ringo-roots, half a
nd of fresh butter, then let it
d in the oven one hour, and
en you take it out, put a Cau-
into your pie made of white-
e, sugar and verjuice.

A Calves-foot Pie.

ince your Calves-feet very
l, then season them with two
megs, & three quarters of an
ce of Cinamon, 1 quarter of a
nd of sugar, half a pound of
rans, two Lemon pills minced
Dates minced, 3 spoonfuls of
e-water, and half a pound of
butter, bake it an hour, and
put

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put a caudle into it, made
white-Wine, sugar and Verjuice

A Skirret Pie.

Take a quarter of a peck
Skirrets blanched, and slice
season them with three Nutmegs
and an ounce of Cinnamon, and
three ounces of sugar, and
quartered Dates, and the marrow
of three bones rouled in yolke
Eggs, and one quarter of a pound
of Ringo-roots, and preserve
Lettuce, sliced Lemon, four blades
of Mace, three or four branches
of preserved Barberries, and half
a pound of Butter, then let
stand one hour in the Oven, then
put a caudle made of white
Wine, Verjuice, butter and sugar
put it into the pie when
comes out of the Oven.

A Calves head Pie for Supper.

Boil your Calves head almost
enough, cut it in thin slices
from the bone, season it with
beaten Nutmegs, a quarter of

out

of Pepper, & as much salt
there is seasoning, then take a
bunch of sweet herbs minced
all, and two spoonfuls of su-
per, and two or three Hart-
shorn bottoms boiled, and cut
them in thin slices, and the Mar-
row of two bones roiled in yolks
Eggs, a quarter of a pound of
ginger-root, & quarter of a pound
Currans, then put it into your
pan, and put a quarter of a pound
butter, and a sliced Lemon,
three or four blades of Mace,
three or four quartered Dates, let
stand an hour and more in the
oven, then when you take it out,
pour into it a caudle made of
sugar, white-Wine, Verjuice and
butter.

A Lark Pie.

Take three dozen of Larks,
season them with Nutmegs, and
half an ounce of pepper, a quar-
ter of an ounce of Mace beaten,
then take the Lumber pyc-meat,
and

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and fill their bellies, if you will
if not, take half a pound of f
and one pound of Mutton m
ced, half a pound of Raisins
the Sun, and six Apples minc
altogether very small, then lea
it with a Nutmeg, pepper & fa
and one spoonful of sweet Her
and a Lemon pill minced, o
peny loaf grated, a quarter o
pint of Cream, two or th
spoonfuls of Rose-water, th
spoonfuls of Sugar, one or t
spoonfuls of Verjuice; th
make this in boles, and put it
three bellies, and put your Lar
in your Pye, then put your ma
row rould in yolks of Eggs up
the Larks, and large Mace, an
sliced Lemon, and fresh butter
let it stand in the Oven an hou
when you take it out, make yo
Caudle of Butter, Sugar, an
White-wine Vinegar, put it in
the Pye.

hot Ne
oil yo
er; b
pieces
and
pepper,
oning,
carrans
put it
emon
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Bacon
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Ginger
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Hot Neats-Tongue for Supper.

Boil your Tongue till it be tender; blanch it, and cut it in pieces, season it with Nutmeg, and a quarter of an ounce of pepper, and as much salt as seasoning, then take six ounces of Currans, season all together, put it into the pye, then put Lemon sliced, and Dates and Sugar, then bake it, and let it stand an hour and a half, then make a Caudle of White-wine Verjuice, Sugar and Eggs, put it in when you take it out of the Oven.

A cold Neats-Tongue Pye.

Your Tongue being boiled, larded and larded with Pork and Bacon, season it with the ingredients the Deer hath; is, three Nutmegs, three races of Ginger, half an ounce of cloves and Mace together, and an ounce of pepper, beat all together, more salt than

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then seasoning, and likewise
in the liquor, bake it two hours
but put one pound of butter
your pie before you lid it.

A Potato Pye for Supper.

Take three pound of boild
and blanched Potatoes, & three
Nutmegs, and half an ounce
Cinnamon beaten together, and
three ounces of Sugar, season
your Potatoes, and put them
your pie, then take the marrow
of three bones rouled in yolks
Eggs, and sliced Lemon, and large
Mace, and half a pound of butter
six Dates quartered, put this in
your pie, and let it stand an hour
in the Oven, then make a sha-
candle of Butter, Sugar, Verjuice
and white-Wine, put it in while
you take your pie out of the
Oven.

A Pidgeon or Rabbet Pie.

Take one ounce of pepper and
more salt, then season your Pigeons
or Rabbet, & take two Nuts

Eggs grated with your seasoning,
then lay your Rabbet in the Pie,
and one pound of Butter; if you
eat the pie hot: then put in two
or three slices of Lemon, & 2 or three
slices of Mace, & as many bran-
ches of Barberries, and a good
piece of fresh butter melted, then
bake it & let it stand an hour and
half, but put not in the fresh but-
ter till it comes out of the Oven.

To make puffle Paste.

Break 2 Eggs in 3 pints of flo-
ur, make it with cold water,
then roul it out pretty thick and
square, then take so much butter
paste, and lay it in a rank, and
divide your butter in five pieces,
that you may lay it on at 5 seve-
ral times, roul your paste very
thick, and take one part of the
butter in little pieces all o-
ver your paste, then throw a
handful of flower slightly on,
then fold up your paste, & beat it
with a rouling-pin, so roul it out
again;

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again; thus do five times, and make it up.

A Pudding.

Take a quarter of Cream, and 2 Eggs, beat them, and strain them into the Cream, and grate in Nutmeg & half, take 6 spoonfulls of flower, beat half a pound of Almonds with some Cream, and put it into the cream, & mix them together, boil your Pudding an hour & no more, first flower the Bag you put it in, then melt (re) butter, & take Sugar & Rose water, beat it thick, and pour it on the pudding, you may put to it a little Milk, & stick blanch'd Almonds and Wafers in it; add to the same pudding, if you will, penny-loaf grated, a quarter of Sugar, 2 Marrow bones, 1 Glass of Maligo sack, six Dates minced, a grain of Ambergriee, a grain of Musk, 2 or 3 spoonfulls of Rose water, bake the Pudding in little wood-dishes, but first butter

them together

em, your Marrow must be stuck
and again ; then bake it half
an hour, five or seven at a time, &
set them in order in the dish,
and garnish them with a sprig in
the middle, and wafers about it,
new sugar about the branch,
and sliced Lemon, set four round,
and one in the top.

Frigasie of Veal.

Cut your meat in thin slices,
beat it well with a rouling pin,
season it with Nutmeg, Lemon, &
Time, fry it slightly in a pan, beat
Eggs, & 1 spoonful of Verjuice,
and put it into the pan, and stir it
together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices,
season it with Nutmeg, Pepper, &
Salt, mince some Time, and Le-
mon, & throw it upon your meat,
then fry it slightly in a pan, then
throw in 2 Eggs beaten in Ver-
juice & Sugar into the pan, also a
handful of Goos-berries, shake it
together & dish it. S 2 Fri-

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Frigasie of Chickens.

Kill your Chickens, pull skin and feathers off together, cut them in thin slices, season them with Time and Lemons minced, Nutmeg & Salt, a handful of Sorrel minced, then fry it well with six spoonfuls of Verjuice, one spoonful of Sugar, beat it together, so dish it with sippets about.

Another Frigasie of Chickens.

Take the former ingredients, and add to it boil'd Hartechoak bottoms with the meat of the leaves, and a handful of scalded Goosberries, & boiled skerits & Lettuce tossed in butter when they are boiled, & 2 spoonfuls of Sugar, 2 Eggs & Verjuice beaten together, and lay your Lettuce upon your Chickens as before, and sliced Lemon upon it, and sippets upon the Dish.

A Frigasie of Rabbits.

Cut your Rabbits in small pieces, & mince a handful of Time, and

and parfly together, & a Nutmeg.
pepper and salt, season your Rab
ets, then take two Eggs, and
erjuice beaten together, and
row it in the pan, stick it, and
ish it up in sippets.

To harsh a shoulder of Mutton.

Half rost your Mutton at a quick
re, cut it in thin slices, stew it
with Gravy, sweet Marjoram and
Capers, & onions, 3 Anchovies, 1
ysters, half a Nutmeg, half a sliced
Lemon; stir this altogether
with the meat, let it stew till it be
ender in a dish, then break 3 or
our yolks of Eggs, & throw it in
the dish with some butter, toast
it well together, and dish it with
sippets.

To make a Cake.

Take half a peck of flower, two
pound & a half of Currans, 3 or 4
Nutmegs, one pound of Almond
paste, 2 pound of Butter, and one
pint of Cream, three spoonfuls of
Rose water, 3 quarters of a pound

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of Sugar, half a pint of Sack, a quarter of a pint of Yest, and six Eggs, so make it, and bake it.

To make a Leg of Mutton three or four Dishes.

Take a Leg of Mutton, cut out the flesh and the bone, but save the skin whole, divide the meat in three pieces, and take the tenderest, and cut in thin slices, and beat it with a rouling-pin, season it with Nutmeg, pepper & salt, & mince Time & Lemon-pill, fry it till it be tender, then beat 2 Eggs with a spoonful of Verjuice, throw 2 Anchovies into the pan, shake it altogether, & put it into the Dish with sippets round the Dish, being drest with Barberries scalded, parslly and hard Eggs minced.

Another part of the same meat stew in a Dish, with a little white Wine, a little butter, & sliced Lemon, one Anchovy, two Oysters, two blades of Mace, a little Time

on

a branch, & one whole onion;
cut out the Time & the Onion
when it is stewed; do it alto-
gether on a Chafing dish of coals till
it be tender, then dish it, garnish
your Dish with hard Eggs, and
strawberries, and sliced Lemons,
and sippets round the Dish.

Take another part of the same
meat, mince it small with Beef
steak, and a handful of Sage, to 3
quarters of a pound of suet add
one pound of meat, you may use
one spoonful of pepper & salt, mix
it all together, & stuff the skin of
a leg of Mutton hard, skinner it
close, and spit it at a quick fire,
and well roast it in an hour.

Take another part of the same
meat, then put in the Pepper and
salt, with a grated Nutmeg, some
sweet Herbs, and a Lemon pill
minced, a penny loaf grated, one
spoonful of Sugar, a quarter of a
pound of Raisins, & a quarter of
currans, minced altogether with
the

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the meat and the suet, & the rest
of the ingredients put to 2 spoon-
fuls of Rose water, & as much salt
as spice; then make it up in little
long boles or roul's, and butter
your Dish, and lay them in with a
round hole in the middle, sear
them in an oven half an hour
then pour the liquor which will
be in the dish, & melt a little but-
ter, verjuice and sugar, and pour
upon it, garnish your dish, stick
in every long roul, a flour o-
paste, & a branch in the middle

To Souce an Eel.

Souce your Eel with a handfull
of salt, split it down the back
take out the Chine bone, season
the Eel with Nutmeg, Pepper
and Salt, & sweet Herbs minced
the lay a pack-thread at each
end, & the middle roul up like a
Collar of Brawn, then boil it in
water and salt, and vinegar, and a
blade or two of Mace, and half a
slice of Lemon, boil it half an
hour

ur, keep it in the same liquor
or three days, then cut it
in round pieces, and lay six
even in a dish, with parfly,
Barberries, and serve it with
Vegar in saucers.

To Souce a Calves Head.

Boil your Calves head in wa-
and salt, so much as will cover
then put in half a pint of Vi-
gar, a branch of sweet herbs, a
Lemon, and half a pint of
White-Wine, two or three blades
Mace, and one ounce or two of
ginger sliced; boil it altogether
till it be tender, keep it in the li-
quor 2 or 3 days, serve it, the dish
right, and stick a branch in the
mouth, and in both eyes, garnish
the dish with jelly of pickled
cucumbers, & saucers of Vinegar,
and Jelly, and Lemon minced.

A stewed Rabbet.

Cut your Rabbet in pieces, and
season it with Pepper and Salt,
some, Parsly, Winter-savoury,
and

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and Sweet-Marjoram, three Apples, & 3 Onions minced altogether, stew it till it be tender with Vinegar and water, put a good piece of butter in, stir it altogether in your dish, put sippets in the bottom, then serve it up with the head in the middle of the dish with sippets in the mouth.

Lay your Pig in the same ingredients as you did for your Calves-head, use the same for a Capon, and the same for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in water and salt, and wine Vinegar, a blade of Mace, a good handful of Endive, and as much Succory, two handfuls of Skerits boiled & blanched, when the Chickens and these things are stewed, take a pint of liquor up, & put to it a quart of white Wine, and one ounce and a half of Sugar, and three Eggs to thicken it, a piece

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Appetter, and lay them in the dish,
and pour it on.

To boil a Rabbit.

Boil it in Water and Salt,
since Thyme and Parsley toge-
ther, a handful of each, boil it in
some of the same liquor, then
take three or four spoonfuls of
Verjuice, a piece of Irish Butter,
two or three Eggs. stir the Eggs
together in the liquor, set it upon
the fire till it be thick, then pour
it upon the Rabbit, so serve it in.

To boil a Duck.

Half roast your Duck with a
quick fire, take as much Wine
and Water as will cover her, take
some Thyme and Parsley, and
one handful of sweet marjoram,
two blades of Mace, half a Le-
mon sliced, stew these together
half an hour without Onions,
take some of your liquor, and
thicken it with 3 or 4 Eggs, two
or

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or 3 spoonfuls of Verjuice, a piece of Butter, and as much Sugar will lie upon it, dish your Duck and boil three or four slices of Lemon by it self, and hard Eggs minced, put this upon your Duck then pour your liquor upon it with Barberries, so you may boil Pigeons with the same Ingredients, Plover, or Teal.

A roasted Shoulder of Mutton.

When it is roasted, slash it, and carbonado it, take two spoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg, two Anchovies, a quarter of a peck of Oysters, mix altogether, boil them one hour in strong broth and white-Wine, then pour it upon the meat, with hard Eggs minced, and lippets round the dish, throw first salt on the the meat, then the hard Eggs, and sliced Lemon and Barberries.

F I N I S.

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